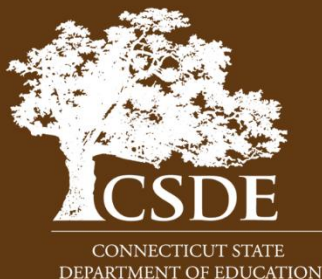


Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program

July 1, 2021, through June 30, 2022



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Meeting the Whole Grain-rich Requirement for the CACFP

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About this Guide

This guide applies to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP). The whole grain-rich (WGR) requirement does not apply to the CACFP infant meal patterns for birth through 11 months.

This guide contains comprehensive information on meeting the USDA's WGR requirement for the CACFP, including:

- menu planning considerations for WGR foods at meals and snacks;
- the WGR criteria for commercial grain products and grain foods made from scratch;
- the six methods to identify WGR foods;
- the required crediting documentation for WGR foods;
- examples of how to evaluate commercial products and recipes for WGR compliance; and
- how to evaluate the accuracy of a manufacturer's product formulation statement (PFS) for a commercial grain product.

The information in this guide reflects the USDA's regulations and policies for the WGR requirement of the CACFP meal patterns for children and adult participants in adult day care centers. For information on the CACFP meal patterns, visit the CSDE's [Meal Patterns for CACFP Adult Day Care Centers](#) or [Meal Patterns for CACFP Child Care Programs](#) webpages.

Each section of this guide contains links to other sections when appropriate, and to websites with relevant information and resources. These can be accessed by clicking on the blue text throughout the guide.

The mention of trade names, commercial products, or organizations does not imply approval or endorsement by the CSDE or the USDA.

The contents of this guide are subject to change. The CSDE will update this guide as the USDA issues additional policies and guidance regarding the CACFP meal patterns. Please check the "Whole Grain-rich Requirement" section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) or [Crediting Foods in CACFP Adult Day Care Centers](#) webpage for the most current version. For more information, contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, at susan.fiore@ct.gov or 860-807-2075.

About the CACFP Meal Patterns

The CACFP meal patterns are defined by the final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (77 FR 4088), as required by the *Healthy, Hunger-Free Kids Act of 2010* (Public Law 111-296). Additional requirements for implementing grains ounce equivalents are defined by *Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program* (84 FR 50287).

The USDA provides additional guidance on the CACFP meal pattern requirements through policy memos that are available on the USDA's [FNS Documents & Resources](#) webpage. Links to the USDA's regulations and final rules for the CACFP are available in the "Child and Adult Care Food Program (CACFP) Final Rules" section of the CSDE's [Laws and Regulations for Child Nutrition Programs](#) webpage.

For detailed guidance on the CACFP meal patterns for children, refer to the CSDE's guide, *Meal Pattern Requirements for CACFP Child Care Programs*, and visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage. For detailed guidance on the CACFP adult meal patterns, refer to the CSDE's guide *Meal Pattern Requirements for CACFP Adult Day Care Centers*, and visit the CSDE's [Meal Patterns for CACFP Adult Day Care Centers](#) webpage.

Meal Pattern Flexibilities for COVID-19

Pursuant to the [COVID-19 Child Nutrition Response Act \(H.R. 6201, Title II\)](#), and the exceptional circumstances of the current COVID-19 public health emergency, the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) has established nationwide waivers to support access to nutritious meals, while enforcing recommendations from public health experts with regard to social distancing measures. If a CACFP sponsor has received approval from the Connecticut State Department of Education (CSDE) to implement any of the national waiver provisions, these approvals supersede the applicable requirements in this guide. For more information, visit the CSDE's [Operation of Child Nutrition Programs during Coronavirus \(COVID-19\) Outbreaks](#) webpage.

Per USDA memo, [COVID-19: Child Nutrition Response #91: Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the Child and Adult Care Food Program for School Year 2021-2022](#), CACFP sponsors that cannot meet the whole grain-rich requirement from July 1, 2021, through June 30, 2022, and/or cannot meet the ounce equivalents requirement by October 1, 2021, must request a waiver from the CSDE. For more information, visit the "How To" section of the CSDE's [Operating Child Nutrition Programs during COVID-19 Outbreaks](#) webpage.

CSDE Contact Information

For questions regarding the CACFP, please contact the CACFP staff in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education.

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Abbreviations and Acronyms

AR	Administrative Review
CACFP	Child and Adult Care Food Program
CFR	Code of Federal Regulations
CN	Child Nutrition
CNP	Child Nutrition Programs
CSDE	Connecticut State Department of Education
FBG	Food Buying Guide for Child Nutrition Programs (USDA)
FDA	Food and Drug Administration
FNS	Food and Nutrition Service, U.S. Department of Agriculture
FR	Federal Register
HHFKA	Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
ICN	Institute of Child Nutrition
NSLP	National School Lunch Program
PFS	product formulation statement
SBP	School Breakfast Program
USDA	U.S. Department of Agriculture
WGR	whole grain-rich
WIC	Special Supplemental Nutrition Program for Women, Infants and Children



1 — Overview of Grain Requirements

The CACFP meal patterns require the grains component at breakfast, lunch, and supper. The grains component may be offered as one of the two required snack components. Effective October 1, 2021, the required quantities for the grains component are in ounce equivalents (oz eq).

Table 1-1. Required ounce equivalents for the grains component

CACFP meal pattern	Ages 1-2	Ages 3-5	Ages 6-12 and Ages 13-18 ¹	Adult participants ²
Breakfast	½ oz eq	½ oz eq	1 oz eq	2 oz eq
Lunch and supper	½ oz eq	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	½ oz eq	1 oz eq	1 oz eq
¹ The group for ages 13-18 applies only to at-risk afterschool programs and emergency shelters. ² These amounts apply to adult participants in CACFP adult day care centers.				

To credit as the grains component in the CACFP meal patterns, grain products and recipes must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran, and germ.

Creditable foods include products and recipes that are enriched, whole grain, or whole grain-rich (WGR). Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are enriched, whole grain, WGR, or fortified.

The CACFP crediting and WGR requirements apply to all grain products and recipes, including commercial grain products, grain foods made from scratch by the CACFP facility, and grain foods prepared by vendors. CACFP facilities must maintain the appropriate documentation to demonstrate that grain products and recipes meet the CACFP crediting and WGR requirements. The CSDE will review this information during the Administrative Review of the CACFP.



Creditable Grains

Creditable grains are the ingredients in a grain product or recipe that contribute toward the grains component. Creditable grains for the CACFP meal patterns include whole grains, enriched grains, bran, and germ. An overview of the crediting guidance for these grains is summarized below.

Whole grains

Whole grains consist of the entire cereal grain seed or kernel (the starchy endosperm, fiber-rich bran, and nutrient-rich germ) after removing the inedible outer husk or hull. A grain is whole grain if the grain name contains the word “whole,” such as “whole-wheat flour” and “whole-grain corn.”

Whole grains also include some grains that do not contain the word “whole” in the grain name. Examples include berries (e.g., wheat berries), groats (e.g., oat groats), rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal), brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.

In addition, certain whole-wheat products have a Food and Drug Administration (FDA) standard of identity that indicates they are whole grain. The FDA provides standards of identity only for whole-wheat bread, rolls, and buns ([21 CFR 136.180](#)) and whole-wheat macaroni products ([21 CFR 139.138](#)). These products include whole-wheat bread, rolls, and buns; entire wheat bread, rolls, and buns; graham bread, rolls, and buns (does not include graham crackers); and whole-wheat spaghetti, vermicelli, macaroni, and macaroni products. **Note:** Other grain products that are labeled as “whole wheat” but do not have an FDA standard of identity (such as crackers, tortillas, bagels, and biscuits) may or may not be 100 percent whole grain.

Whole grains also include nixtamalized corn ingredients and reconstituted grains. Nixtamalization is the process of soaking and cooked dried corn in an alkaline (slaked lime) solution. This process results in a product with nutrition content similar to whole-grain corn. Nixtamalized corn is used to make hominy (e.g., hominy grits), masa harina (corn flour), corn masa (dough from masa harina), and certain types of cornmeal.



Dried hominy (such as grits) credits as a whole grain. A ½-cup serving of cooked hominy grits or 1 ounce (28 grams) of dry hominy grits credits as 1 ounce equivalent of the grains component.

Reconstituted grains (such as “reconstituted whole-wheat flour”) credit as whole grains when the reconstitution is done by the original milling facility to ensure the same batch of whole grain is returned to its natural proportions. Reconstituted grains are made by blending the crushed and separated products of milling (bran, germ, and endosperm) from the same type of grain in the same proportions originally present in the intact grain kernel. To credit reconstituted grains as the grains component, CACFP facilities must request documentation stating that the milling company recombined the grain components to the natural proportions of bran, germ, and endosperm.

For more information on identifying and crediting whole grains, refer to the CSDE’s resource, [*Crediting Whole Grains in the CACFP*](#).

Enriched grains

Enriched grains contain five vitamins and minerals added in amounts required by the Food and Drug Administration (FDA) to replace some of the nutrients lost during processing. The enrichment nutrients include thiamin (vitamin B₁, thiamin mononitrate, or thiamin hydrochloride); riboflavin (vitamin B₂); niacin (vitamin B₃ or niacinamide); folic acid (folate); and iron (reduced iron, ferrous sulfate, or ferric orthophosphate). For guidance on identifying and crediting enriched grains, refer to the CSDE’s resource, [*Crediting Enriched Grains in the CACFP*](#).

Bran and germ

Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. Germ (such as wheat germ) is the vitamin-rich embryo of the grain kernel. Bran and germ credit the same as enriched grains in the CACFP meal patterns.

Grain-based Desserts

Grain-based desserts do not credit in the CACFP meal patterns, even if they are WGR. Examples include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (e.g., cinnamon buns, Danish, eclairs, sweet buns, sweet rolls, and toaster pastries) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g., chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), and rice pudding.

Sweet crackers such as graham crackers and animal crackers are not grain-based desserts. However, the CSDE recommends not serving sweet crackers more than twice per week between all meals and snacks served in the CACFP facility.



For more information on grain-based desserts, refer to [USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program](#) and visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Consider children's age and developmental readiness when deciding what types of WGR grain foods to offer in CACFP menus. This consideration is also important for children and adult participants with a disability that requires dietary restrictions.

Examples of grain foods that are choking risks include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels. For additional guidance, visit the "Choking Prevention" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

Ounce Equivalents

Creditable grain products and foods made from scratch must provide the minimum quantities required by the CACFP meal patterns for each meal and snack. Effective October 1, 2021, the required quantities for the grains component are in ounce equivalents.

Note: Per USDA memo, [COVID-19: Child Nutrition Response #91: Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the Child and Adult Care Food Program for School Year 2021-2022](#), CACFP sponsors that cannot meet the ounce equivalents requirement by October 1, 2021, must request a waiver from the CSDE. For more information, visit the "How To" section of the CSDE's [Operating Child Nutrition Programs during COVID-19 Outbreaks](#) webpage.

The amount of a creditable or WGR grain food that provides 1 ounce equivalent varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 ounce equivalent of the grains component, a WGR roll must weigh 28 grams (1 ounce), a WGR corn muffin must weigh 34 grams (1.2 ounces), and a WGR blueberry muffin must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is $\frac{1}{4}$ ounce equivalent.

The USDA allows two methods for determining the ounce equivalents of a creditable grain product or recipe. CACFP facilities may use either method but must document how the crediting

information was obtained. These methods are summarized below.

For detailed guidance on both methods, refer to the CSDE’s resource, [Calculation Methods for Grain Ounce Equivalents in the CACFP](#). For more information on ounce equivalents, visit the “Ounce Equivalents (Serving Size for Grains)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage or [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

Method 1: USDA’s Exhibit A chart

Method 1 uses the USDA’s chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#) (Exhibit A) to determine the required weight (groups A-E) or volume (groups H-I) for the grain group where the product or recipe belongs. **Note:** The CSDE’s resource, [Grain Ounce Equivalents for the CACFP](#), lists the Exhibit A grain ounce equivalents that apply to the CACFP meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit as the grains component in the CACFP.

This method is used for commercial grain products and may also be used for standardized recipes if the CACFP facility knows the weight (grams or ounces) of the prepared (cooked) serving. Some commercial grain products must use method 2 (refer to “[When a PFS is required](#)” in this document).

Method 2: creditable grains

Method 2 determines the ounce equivalents for creditable grain products and recipes by calculating the total weight (grams) of creditable grains per serving. The grams of creditable grains are listed in the commercial product’s PFS or calculated from the grain quantities in the CACFP facility’s recipe. To credit as 1 ounce equivalent of WGR grains:

- foods in groups A-E of the USDA’s Exhibit A chart must contain **16 grams** of creditable grains (including at least **8 grams** of whole grains); and
- foods in groups H-I must contain **28 grams** of creditable grains (including at least **14 grams** of whole grains).

This method is used for recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving (refer to “[When a PFS is required](#)” in this document).



Grain crediting tools

The tools below help menu planners determine the ounce equivalents contribution of creditable grain products and recipes.

- **CSDE's crediting worksheets:** These Excel worksheets determine if grain products and recipes meet the CACFP crediting requirements and WGR criteria, and calculate the ounce equivalents contribution of the serving.
 - Adult Center Worksheet 1: Crediting Commercial Grains in the CACFP
 - Adult Center Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
 - Adult Center Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP
 - Child Care Worksheet 1: Crediting Commercial Grains in the CACFP
 - Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
 - Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP

The grain crediting worksheets for CACFP adult day care centers are available in the “[Documents/Forms](#)” section of the CSDE's Crediting Foods in CACFP Adult Day Care Centers webpage. The grain crediting worksheets for CACFP Child Care are available in the “[Documents/Forms](#)” section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage.

- **USDA's Exhibit A Grains Tool for commercial grain products:** This [online tool](#) of the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) determines the ounce equivalents of commercial grain products. For more information, watch the USDA's webinars, *Exhibit A Grains Tool to the Rescue* and *How to Maximize the Exhibit A Grains Tool*.
- **USDA's Recipe Analysis Workbook:** The FBG's online [Recipe Analysis Workbook](#) allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe's meal pattern contribution per serving. To access this tool, users must create a free account on the USDA's FBG website.

For more information on ounce equivalents, visit the “Ounce Equivalents (Serving Size for Grains)” section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage or [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

2 — WGR Requirement for the CACFP

The CACFP meal patterns require at least one serving of WGR foods per day, between all meals and snacks served in the CACFP facility. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. CACFP facilities may serve a WGR food at any meal or snack.

WGR foods for the CACFP must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. To credit as a WGR food in the CACFP:

- commercial grain products (such as breads, crackers, pancakes, pasta, and cooked breakfast cereals) must contain a whole grain as the greatest ingredient by weight;
- commercial combination foods (such as pizza and breaded chicken nuggets) must contain a whole grain as the greatest ingredient by weight in the *grain portion*;
- RTE breakfast cereals must list a whole grain as the first ingredient, be fortified, and meet the sugar limit (refer to the CSDE's resource, [Crediting Breakfast Cereals in the CACFP](#)); and
- recipes must contain an amount of whole grains that is equal to or more than the combined amount of all other creditable grains.

All WGR foods credit in the CACFP meal patterns, but not all creditable grain foods are WGR.

If a commercial product or recipe meets the WGR criteria, CACFP facilities must determine the ounce equivalents contribution of the serving. The serving must provide the required weight (groups A-E) or volume (groups H-I) for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains. For more information, refer to "[Ounce Equivalents](#)" in section 1. For information on how to determine the ounce equivalents contribution of a commercial product or recipe, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents in the CACFP](#).



WGR Criteria for Commercial Foods

Commercial grain products (such as breads, rolls, muffins, crackers, and waffles) are WGR if a whole grain is the greatest ingredient by weight. Commercial combination foods that contain a grain portion (such as pizza, breaded fish sticks, and lasagna) are WGR if a whole grain is the greatest ingredient by weight in the *grain portion*. The USDA allows six methods for determining if grain foods meet the CACFP WGR criteria. [Section 3](#) reviews each of these methods.

WGR Criteria for Foods Made from Scratch

Grain foods made from scratch are WGR if the amount of whole grains in the recipe is equal to or more than the combined amount of the other creditable grains in the recipe. For example, a recipe that contains 10 ounces of whole-grain flour and 8 ounces of enriched flour is WGR.

Combination foods made from scratch are WGR if the amount of whole grains in the *grain portion* of the recipe is equal to or more than the combined amount of the other creditable grains in the *grain portion* of the recipe. For example, a pizza recipe that contains a crust (grain portion) made with 2 cups of whole-grain flour and 2 cups of enriched flour is WGR.

Recipe measurements

The measurements of grain ingredients in a recipe may be listed by weight (e.g., pounds and ounces), volume (e.g., cups and quarts), or both. Menu planners may use either weight or volume when comparing the amount of grain ingredients in a recipe, but all grain ingredients must be in the **same** unit of measure. If the recipe lists the grain ingredients as different units of measure, the CACFP facility must convert all amounts to the same unit before comparing the amount of whole grains with the amount of the other creditable grains. The USDA's resource, [Is My Recipe Whole Grain-Rich in the CACFP?](#), provides guidance on these conversions.

Steps for determining if a recipe is WGR

Menu planners can determine if a recipe is WGR by using the three steps below.

1. Identify the whole-grain ingredients in the recipe. Add the amount of all whole grain ingredients. Remember that all grain ingredients must be in the **same** unit of measure (weight or volume).
2. Identify all other creditable grain ingredients (enriched grains, bran, and germ) in the recipe. Add the amount of all other creditable grain ingredients together.
3. Compare the amount of the whole grains with the combined amount of all other creditable grains. If the amount of the whole-grain ingredients is equal to or more than the combined amount of enriched, bran, or germ ingredients, the recipe is WGR.

Table 3-1 shows some examples of how to determine if a recipe meets the CACFP WGR criteria.

Table 3-1. Determining if a recipe meets the CACFP WGR criteria

Example 1: Blueberry muffin		
Ingredients	25 Servings	
	Weight	Measure
Whole-wheat flour	10 oz	2¼ cups 1 Tbsp
Enriched all-purpose flour	7 oz	1⅓ cups
Sugar	8 oz	1 cup
Baking powder		1 Tbsp 2 tsp
Salt		1 tsp
Low-fat 1% milk		1½ cups
Fresh large eggs		3 each
Vegetable oil		⅔ cup
Frozen blueberries	6 oz	1½ cups

- List the combined weight of all whole grains. ¹

A	10	ounces
---	----	--------
- List the combined weight of all other creditable grains. ¹

B	7	ounces
---	---	--------
- Is A equal to or more than B? If “yes,” the recipe is WGR. ☒ Yes ² ☐ No

Example 2: Corn muffin		
Ingredients	25 Servings	
	Weight	Measure
Whole-wheat flour	8 oz	1 ½ cups
White whole-grain cornmeal	8 oz	1 ¼ cups
Sugar	3 oz	⅓ cup 2 Tbsp
Baking powder		¾ tsp
Salt		3 qt ½ cup
Frozen whole eggs, thawed	3 oz	⅓ cup
Nonfat milk		1 ¾ cups
Canola oil		¼ cup

- List the combined weight of all whole grains. ¹

A	8	ounces
---	---	--------
- List the combined weight of all other creditable grains. ¹

B	8	ounces
---	---	--------
- Is A equal to or more than B? If “yes,” the recipe is WGR. ☒ Yes ² ☐ No

¹ For guidance on identifying whole and enriched grains, refer to the CSDE’s resources, [Crediting Whole Grains in the CACFP](#) and [Crediting Enriched Grains in the CACFP](#).

² The serving must provide the required weight (groups A-E) or volume (groups H-I) or contain the minimum creditable grains (refer to “[Ounce Equivalents](#)” in section 1).

Menu Planning Considerations for WGR Foods

CACFP facilities have the option to decide when to serve WGR foods, as long as the menu includes at least one serving of WGR foods per day.

- If the CACFP facility serves only one CACFP meal per day (breakfast, lunch, or supper), the grains component served at that meal must be WGR.
- If the CACFP facility serves only breakfast and chooses to substitute meat/meat alternates for the grains component (allowed up to three times per week), a WGR food is not required. For information on meat/meat alternate substitutions at breakfast, visit the USDA's webpage, [Serving Meat and Meat Alternates at Breakfast in the CACFP](#).
- If the CACFP facility (such as an at-risk afterschool program) serves only snack, the grains component is optional. Snack must include any two of the five components (milk, meat/meat alternates, vegetables, fruits, and grains). However, if the CACFP facility serves only snack, and the snack menu includes the grains component (such as crackers with apples), the grain menu item must be WGR.
- If an at-risk afterschool program serves only one meal per day and chooses to implement offer versus serve (OVS), all grain menu items offered must be WGR. While OVS allows a variety of food items from one component, a CACFP facility that serves only one meal per day cannot offer a choice between a WGR grain and an enriched grain. This requirement is to ensure greater consumption of whole grains if a participant chooses to take a grain item. For more information on OVS, refer to the CSDE's resource, [Offer Versus Serve in CACFP At-risk Afterschool Centers](#), and the USDA's resource, [Offer Versus Serve in the CACFP](#).

Menu planning for different groups of participants at each meal

The WGR requirement applies to the CACFP, not to each participant. If a CACFP facility serves more than one meal, and two different groups of participants are at each meal (such as one group of children at breakfast and another group of children at lunch), only one meal is required to contain a WGR food.

However, the USDA strongly encourages CACFP facilities to vary the meal that includes a WGR item. For example, the CACFP menu could include whole-grain toast at breakfast on Monday and brown rice at lunch on Tuesday. This helps to ensure that all participants are served a variety of whole grains, and benefit from the important nutrients these foods provide.

3 — Methods to Identify WGR Foods

Table 3-1 summarizes the six methods allowed by the USDA to determine if grain foods meet the CACFP WGR criteria. A food is WGR if it meets any one of these methods.

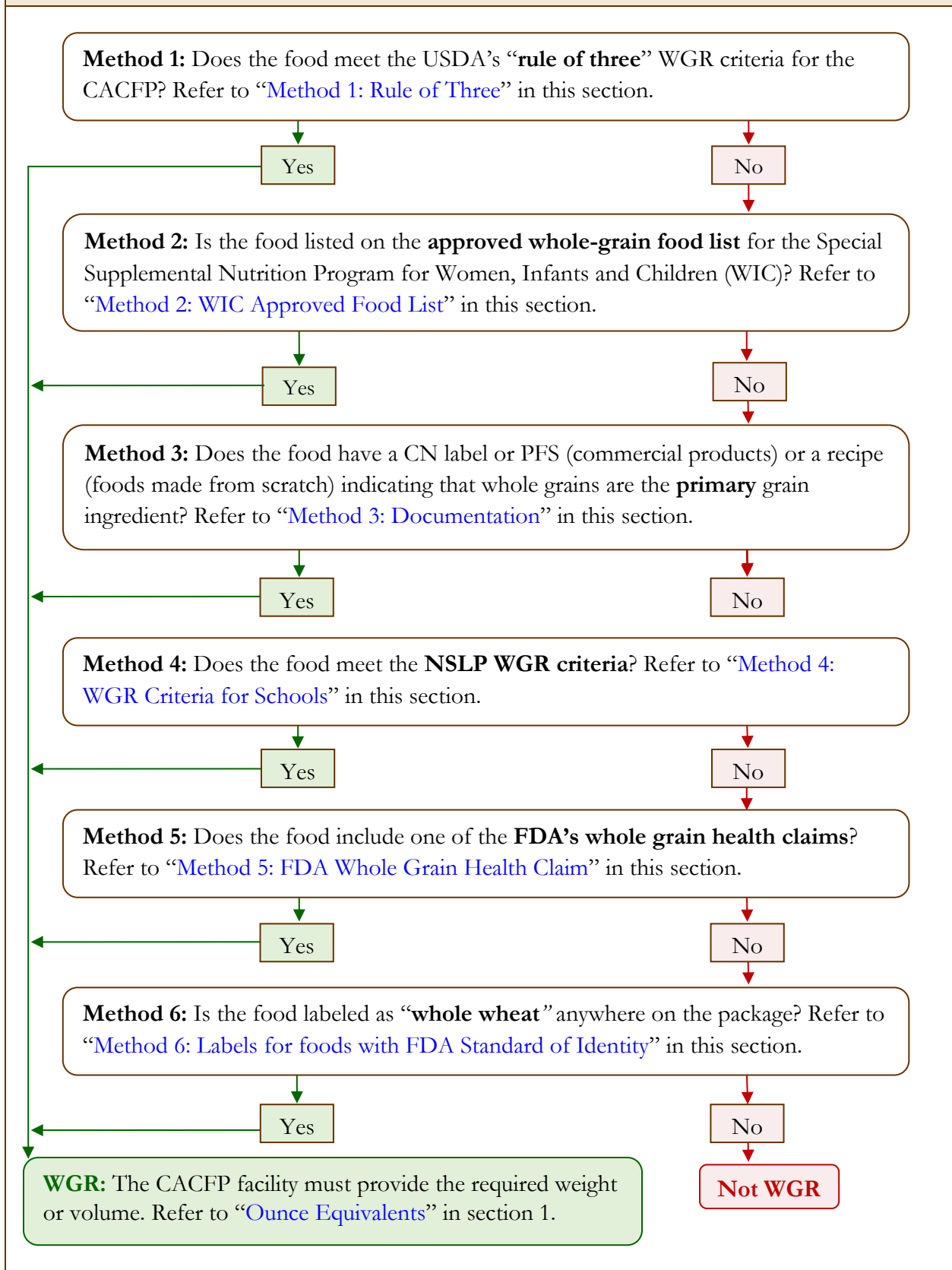
If a commercial product is not WGR using one method (such as Method 1: Rule of Three), CACFP facilities should check to see if the product is WGR using another method (such as Method 3: Documentation). All methods can be used for commercial grain products, but only methods 3 and 4 can be used for foods made from scratch.

Table 3-1. Methods to identify WGR foods for the CACFP		
Method	Commercial products	Foods made from scratch
1: Rule of Three	X	
2: WIC Whole-Grain Foods List	X	
3: Documentation	X	X
4: National School Lunch Program (NSLP) WGR Criteria	X ¹	X ¹
5: Food and Drug Administration (FDA) Whole Grain Health Claim	X	
6: Labels for foods with FDA Standard of Identity (whole wheat, entire wheat, or graham)	X	
¹ Method 4 is not commonly used since most CACFP facilities are not affiliated with school nutrition programs.		

Table 3-2 summarizes the steps for determining if grain foods are WGR. A description of each method follows. For additional resources, visit the USDA's webpages, [Identifying Whole Grain-rich Foods for the CACFP](#) and [How to Spot Whole Grain-rich Foods for the CACFP](#).



Table 3-2. Steps for determining if grain foods meet the CACFP WGR criteria



Method 1: Rule of Three

A commercial food is WGR if it meets the USDA’s Rule of Three WGR criteria for the CACFP. The Rule of Three reviews the product’s ingredients statement and looks at the first three grain ingredients. The Rule of Three requirements apply to commercial grain products, commercial combination foods, and cooked breakfast cereals. These requirements are summarized below.

Note: The Rule of Three does not apply to RTE breakfast cereals in group I, such as puffed cereals, flaked or round cereals, and granola. For more information, refer to “[WGR criteria for RTE breakfast cereals](#)” in this section.

- **Commercial grain products** in groups A-E (such as breads, rolls, muffins, crackers, and pancakes) and group H (such as pasta and cereal grains, e.g., quinoa, rice, and millet) are WGR if a whole grain is the *first* ingredient (or water is the first ingredient and a whole grain is the next ingredient) and the *next two grain ingredients* (if any) are creditable. [Table 3-4](#) summarizes the steps for determining if commercial grain products meet the Rule of Three.
- **Commercial combination foods** that contain a grain portion from groups A-E (such as pizza crust in pizza and breading for baked fish) or groups H-I (such as noodles in lasagna and baked chicken coated with crushed cereal flakes) are WGR if a whole grain is the first *grain* ingredient; and the *next two grain ingredients* (if any) are creditable. A commercial combination food that lists the ingredients for the grain portion separately is WGR if a whole grain is the first ingredient in the *grain portion* (or water is the first ingredient in the grain portion and a whole grain is the next ingredient in the *grain portion*); and the next two grain ingredients in the *grain portion* (if any) area creditable. [Table 3-5](#) summarizes the steps for determining if commercial combination foods meet the Rule of Three.
- **Cooked breakfast cereals** in group H (such as regular and instant oatmeal) are WGR if they meet three criteria: 1) the *first* ingredient is a whole grain; 2) the *next two grain ingredients* (if any) are creditable; and 3) the cereal does not exceed 6 grams of sugars per dry ounce. For more information, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the CACFP](#).

When reviewing a commercial product’s ingredients statement for compliance with the Rule of Three criteria, the following requirements apply:

- a *whole grain* must be the first ingredient, and may be the second or third grain ingredients;
- an *enriched grain* may be the second or third grain ingredients;
- *bran* and *germ* may be the second or third grain ingredients; and
- noncreditable grains cannot be any of the first three grain ingredients.

If a food meets the Rule of Three, the menu planner does not need to check any other grain ingredients further down on the ingredients statement.

Noncreditable grains

Noncreditable grains are grain ingredients that do not contribute toward the grains component of the CACFP meal patterns. Examples include yellow corn flour, wheat flour, and semolina. Menu planners must review noncreditable grains when using the Rule of Three to determine if commercial grain products are WGR. Noncreditable grains cannot be one of the first three grain ingredients for the Rule of Three.

Many grain products also contain grain derivatives. Grain derivatives are by-products of grains. Examples include malt made from barley, wheat gluten made from wheat, and maltodextrin made from corn. Grain derivatives do not count as either creditable or noncreditable grains in the CACFP meal patterns and are ignored for the Rule of Three. [Table 3-3](#) lists common noncreditable grain ingredients (column A) and grain derivatives (column B) found in commercial grain products.

When to ignore noncreditable grains

There are some situations when noncreditable grains do not count toward the Rule of Three. Menu planners can ignore noncreditable grains when any of the situations below apply.

1. **One or more noncreditable grains are listed after the statement “contains 2% or less.”** Any noncreditable grains listed in the product’s ingredients **after** the statement “contains 2% or less” are ignored for the Rule of Three. For example, if the product’s ingredients list states “*contains less than 2% of wheat flour and corn flour*,” the menu planner can ignore the wheat flour and corn flour (noncreditable grains).
2. **The noncreditable grain is part of a dough conditioner.** A dough conditioner is any ingredient added to improve the production and consistency of dough. Dough conditioners are found in many commercial products. Noncreditable grains listed in the sublisting for a dough conditioner are ignored for the Rule of Three. For example, if the ingredients statement lists “dough conditioner (*wheat flour*, salt, soy oil, ascorbic acid),” the menu planner can ignore the wheat flour (noncreditable grain) in the dough conditioner.
3. **The noncreditable grain is part of the non-grain portion of a commercial combination food.** The Rule of Three applies only to the *grain portion* of a commercial combination product, such as the pizza crust in pizza or the pasta in macaroni and cheese. It does not apply to noncreditable grains that are part of the *non-grain portion* of a combination food, such as the portion of meat/meat alternates, vegetables, or fruits. These noncreditable grains can be ignored. For example, the menu planner can ignore modified food starch in the chicken portion of breaded chicken; wheat flour in the cheese filling of ravioli; and soy flour in the vegetable filling of an egg roll.

4. **The noncreditable grain is part of a non-grain ingredient.** The Rule of Three applies only to the *grain ingredients* in a commercial product. It does not apply to noncreditable grains that are part of a *non-grain ingredient* in the grain food. For example, if a bagel contains “molasses powder (molasses, *wheat starch*),” the menu planner can ignore the wheat starch (noncreditable grain) in the molasses powder.

Table 3-3. Examples of noncreditable grains for the Rule of Three ¹

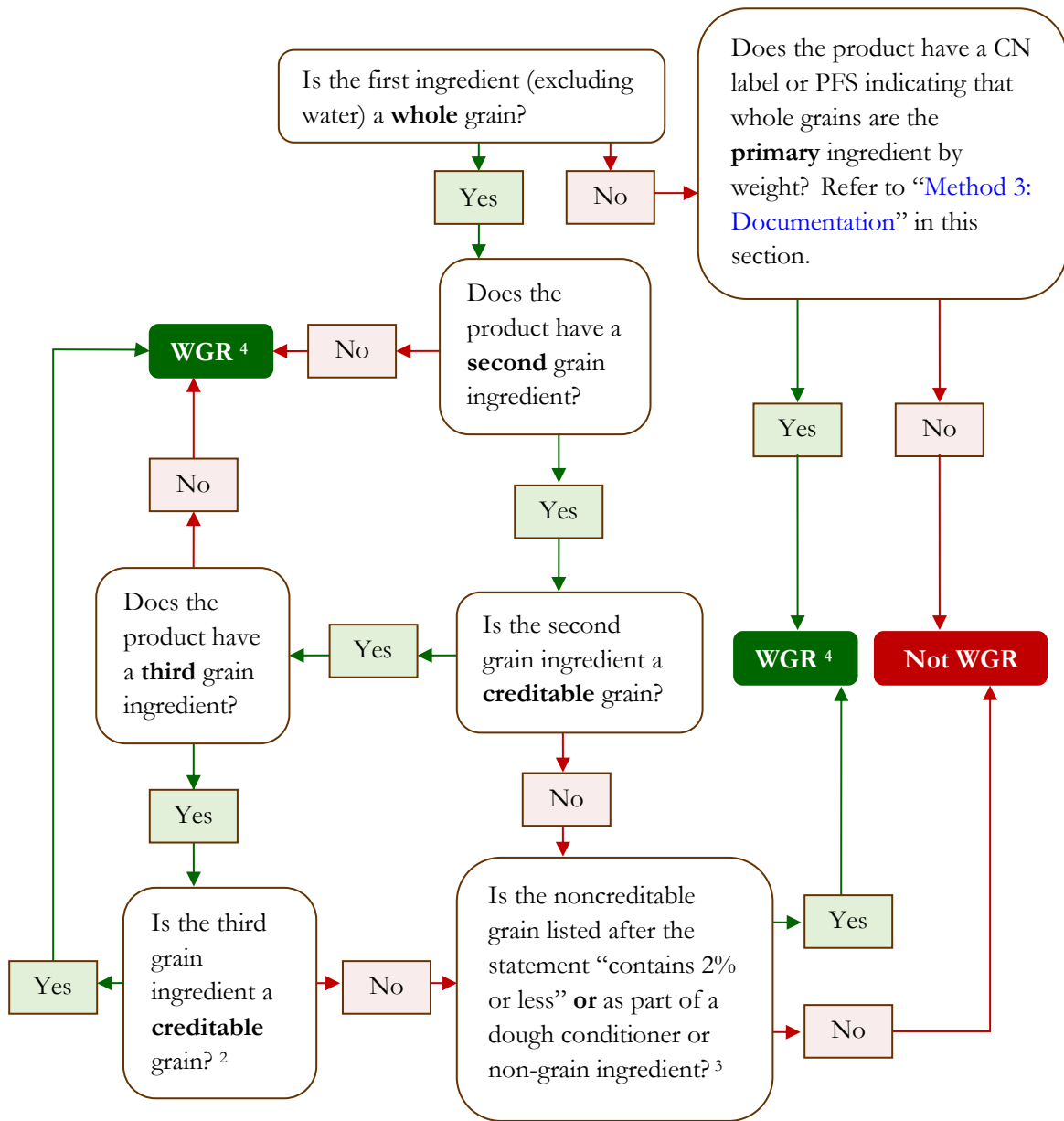
Column A: Noncreditable grains Count toward Rule of Three ²		Column B: Grain derivatives Ignore for Rule of Three ³
Barley malt	Oat fiber	Cellulose fiber
Bleached flour	Oat hull fiber	Chicory extract
Bromated flour	Potato flour	Chicory root
Coconut flour	Rice flour	Citrus fiber
Corn	Rye flour	Corn dextrin
Corn fiber	Semolina	Cornstarch
Corn flour	Semolina flour	Cultured wheat starch
Cornmeal	Soluble corn fiber	Fibersol
Degermed corn	Soy products, e.g., soy	Gluten, e.g., wheat gluten,
Degerminated corn meal	fiber, soy flakes and	vital wheat gluten
Durum flour	soy grits	Hydrolyzed starch
Farina	Stone-ground corn	Inulin
Fermented wheat	Stone-ground corn flour	Malt and malt powder
Fermented wheat flour	Vegetable and legume	Maltodextrin,
Grits, e.g., barley grits,	flours, e.g., chickpea	Modified cornstarch
corn grits, and durum	flour, fava bean flour,	Modified food starch
grits	pea flour, potato	Modified rice starch
Malted barley flour	flour, and soy flour	Modified tapioca starch
Milled corn	Wheat flakes	Modified wheat starch
Nut or seed flours, e.g.,	Wheat flour	Pea fiber
almond flour,	White flour	Potato starch
flaxseed meal,	Yellow corn flour	Powdered cellulose
hazelnut meal, and	Yellow corn meal	Rice starch
sunflower seed flour		Short chain fructan (fiber)
		Tapioca starch
		Wheat dextrin

¹ This list is not all-inclusive.

² Noncreditable grains cannot be one of the first three grain ingredients for the Rule of Three.

³ Ignore these ingredients when using the Rule of Three.

Table 3-4. Determining if commercial grain products meet the Rule of Three ¹

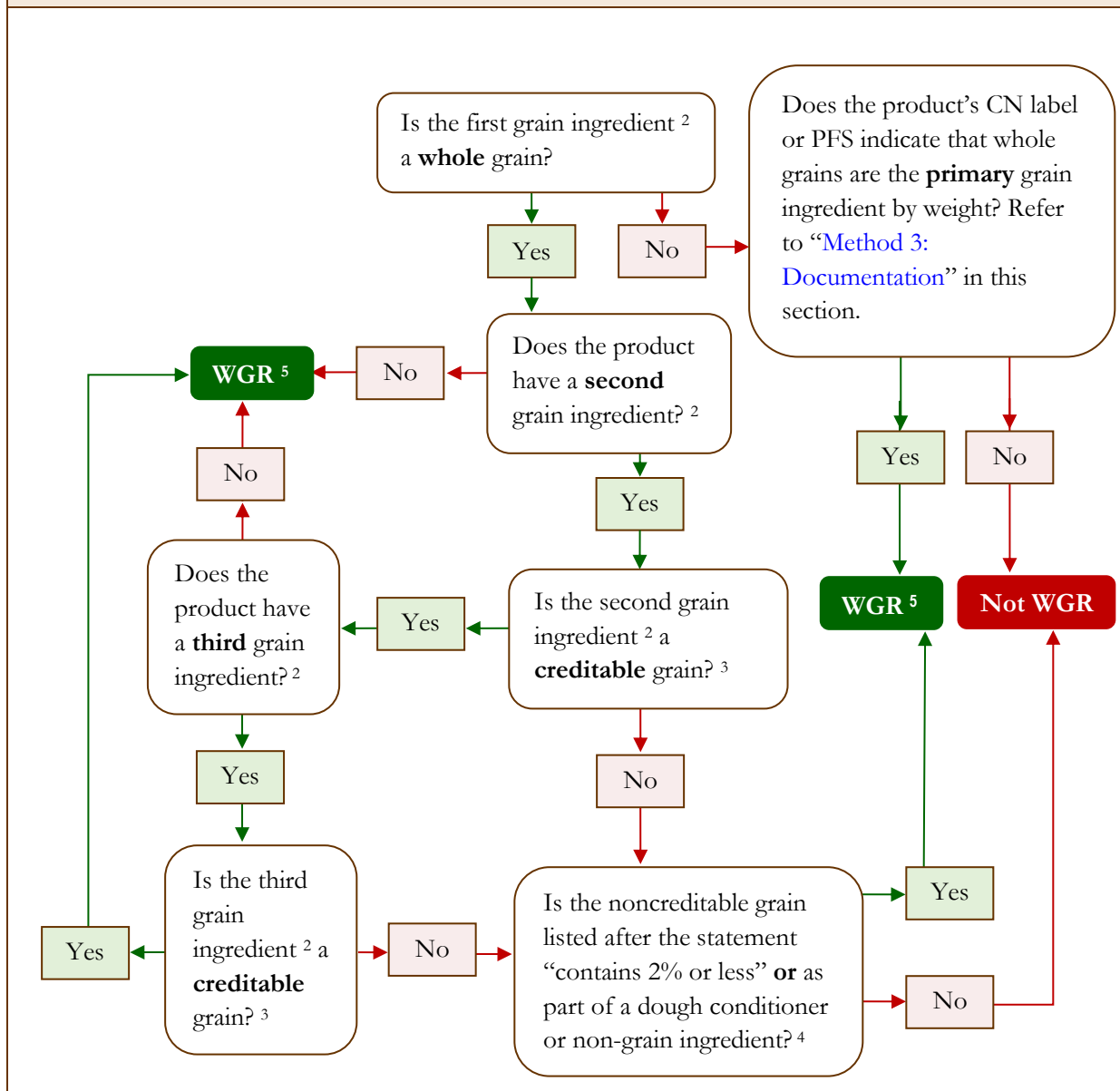


¹ These WGR criteria apply only to commercial grain products in groups A-E of the USDA's Exhibit A chart, such as breads, muffins, crackers, rice, pasta, and pancakes (refer to "Ounce Equivalents" in section 1).

² Creditable grains include whole grains, enriched grains, bran, and germ.

³ Ignore noncreditable grains listed after the statement "contains 2% or less" or in the sublisting for a dough conditioner or non-grain ingredient (refer to "Noncreditable grains" in this section). Ignore grain derivatives such as wheat gluten and modified food starch.

⁴ The serving must provide the required weight (groups A-E) or volume (groups H) in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Ounce Equivalents" in section 1).

Table 3-5. Determining if commercial combination foods meet the Rule of Three ¹

¹ These WGR criteria apply only to commercial combination foods that contain a grain portion from groups A-E or H-I of the USDA's Exhibit A chart (refer to "[Ounce Equivalents](#)" in section 1).

² If the grain portion is listed separately, a whole grain must be the *first* ingredient in the grain portion (or water is the first ingredient and a whole grain is the next ingredient), and the *next two grain ingredients* in the grain portion (if any) must be creditable grains.

³ Creditable grains include whole grains, enriched grains, bran, and germ.

⁴ Ignore noncreditable grains listed after the statement "contains 2% or less" or in the sublisting for a dough conditioner or non-grain ingredient (refer to "[Noncreditable grains](#)" in this section). Ignore grain derivatives such as wheat gluten and modified food starch.

⁵ The serving must provide the required weight (groups A-E) or volume (groups H-I) or contain the minimum creditable grains (refer to "[Ounce Equivalents](#)" in section 1).

WGR criteria for RTE breakfast cereals

The WGR criteria are different for RTE breakfast cereals in group I, such as puffed cereals, flaked or round cereals, and granola. The Rule of Three does not apply. RTE breakfast cereals are WGR if they meet three criteria: 1) the first ingredient is a whole grain; 2) the cereal is fortified; and 3) the cereal does not exceed 6 grams of sugars per dry ounce. If a RTE breakfast cereal meets these three requirements, it is WGR. For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals in the CACFP](#).

Method 2: WIC Approved Foods List

This method applies only to commercial products. Tortillas, pasta, rice, and bread are WGR if they are listed on the Approved Foods List for any state's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). However, not all breakfast cereals on a WIC list are WGR. They must be specifically marked as whole grain to be WGR.

The Connecticut WIC food guides are available on the Connecticut State Department of Public Health's [Approved Food Guide](#) webpage. For more information, visit the USDA's webpage, [Using the WIC Food Lists to Identify Grains for the CACFP](#).

Method 3: Documentation

This method applies to commercial products and foods made from scratch. Grain products and recipes are WGR if the CACFP facility has documentation indicating that whole grains are the primary grain ingredient. This documentation must be maintained on file for the Administrative Review of the CACFP.

Acceptable WGR documentation for commercial grain foods includes a Child Nutrition (CN) label or product formulation statement (PFS). For more information, refer to "[Documentation for Commercial WGR Grain Products](#)" in section 4.

Foods made from scratch require a recipe that indicates the amount of each grain ingredient per serving. CACFP facilities must have recipes on file that document the crediting information for all grain foods made from scratch. The CSDE strongly recommends using standardized recipes to ensure accurate crediting information. For more information, refer to "[Documentation for WGR Grain Foods Made from Scratch](#)" in section 4.

Method 4: WGR Criteria for Schools

This method applies to commercial products and foods made from scratch. The whole grain-rich criteria for grades K-12 in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) are stricter than the whole grain-rich criteria for the CACFP. Grain foods that meet the NSLP and the SBP WGR criteria will also meet the CACFP WGR criteria. This excludes WGR grain-based desserts, which credit in the school nutrition programs but do not credit in the CACFP.

Note: Method 4 is not commonly used since most CACFP facilities are not affiliated with school nutrition programs.

Method 5: FDA Whole Grain Health Claim

This method applies only to commercial products. A commercial food is WGR if the product packaging includes one of the FDA's whole grain health claims below, which must be identical to one of two statements below.

- **Low-fat claim:** "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and some cancers."
- **Moderate-fat claim:** "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

These claims are not commonly found on most grain products.



Method 6: Labels for foods with FDA Standard of Identity

This method applies only to commercial products. A commercial product is WGR if it is labeled as “whole wheat,” “entire wheat,” or “graham,” and has an FDA standard of identity. A standard of identity is a set of rules for what a certain product (like whole-wheat bread) must contain or may contain to be legally labeled with that product name.

The FDA standards of identity are available only for certain types of breads and pasta. Table 3-6 lists these products. Only breads and pastas with these **exact** product names conform to an FDA standard of identity and meet the CACFP WGR criteria using this method.

Table 3-6. Bread and pasta products with a standard of identity ¹	
Breads (21 CFR 136.180)	Pasta (21 CFR 139.138)
<ul style="list-style-type: none"> • Entire wheat bread • Entire wheat buns • Entire wheat rolls • Graham bread ² • Graham buns ² • Graham rolls ² • Whole wheat bread • Whole wheat buns • Whole wheat rolls 	<ul style="list-style-type: none"> • Whole wheat macaroni • Whole wheat macaroni product • Whole wheat spaghetti • Whole wheat vermicelli
<p>¹ Only breads and pastas with these exact product names have an FDA standard of identity and meet the CACFP WGR criteria using this method.</p> <p>² This does not include graham crackers.</p>	

Label information that does not indicate a food is WGR

It is important to note that there are three types of information on labels that do not indicate if a food is WGR. This includes products that are labeled “whole grain” or “whole wheat” but do not have an FDA standard of identity; products that include the Whole Grain Stamp; and products that are labeled with certain terms but that do not have an FDA standard of identity.

- **Products with “whole grain” or “whole wheat” on the label:** Except for certain types of breads and pasta (refer to [table 3-6](#)), any other foods labeled “whole grain” or “whole wheat” (such as crackers, tortillas, bagels, waffles, and biscuits) might not be WGR. For example, a package that states “whole-wheat waffles” or “whole-wheat bagels” may or may not be WGR.

- Whole Grain Stamps:** The Whole Grain Council has three Whole Grain Stamps that manufacturers can choose to use on food packages. These stamps provide a visual marker to indicate products that contain significant amounts of whole grains. While these stamps provide useful information on the amount of whole grains a product contains, they are not sufficient documentation to determine if a food meets the CACFP WGR criteria. This is because products that display a Whole Grain Stamp may also contain high amounts of noncreditable grains, such as refined flour that is not enriched.



- Certain labeling terms for foods without FDA Standard of Identity:** Manufacturers often label their products with terms that may be similar, but not identical, to the FDA’s standard of identity terms. Some frequently used terms include “whole grain,” “made with whole grains,” “made with whole wheat,” “contains whole grains,” and “multi-grain” or specifying a certain number of grains, such as 7-grain bread. These terms do not indicate an FDA standard of identity for whole-wheat products. For more examples of misleading terms, refer to the CSDE’s resource, [Crediting Whole Grains in the CACFP](#).

CACFP facilities must use a different method to determine if products that contain this information are WGR, such as the Rule of Three ([method 1](#)) or obtaining a PFS from the manufacturer ([method 3](#)).



4 — WGR Documentation

CACFP facilities must be able to document the meal pattern contribution of all commercial grain products and recipes served in reimbursable meals and snacks. Menu planners should use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine food yields and crediting information for grain menu items.

Documentation for Commercial WGR Products

Crediting documentation ([method 3](#)) is required when a CACFP facility cannot determine if a commercial grain product is WGR using any of the other WGR methods (refer to methods 1, 2, and 4-6 in [section 3](#)). The USDA allows two types of documentation for commercial processed foods, including CN labels and PFS forms.

CN labels

CN labels clearly identify the meal pattern contribution of commercial products, based on the USDA's evaluation of the product's formulation. Acceptable documentation includes the original CN label from the product carton or a photocopy or photograph of the CN label shown attached to the original product carton.

Grain products (such as breads, muffins, pancakes, crackers, and breakfast cereals) are not eligible for CN labels. CN labels are available only for main dish entrees that contribute to the meat/meat alternates component, such as pizza, breaded chicken nuggets, and cheese ravioli. However, CN labeled foods usually indicate the contribution of grains, vegetables, and fruits that are part of these products. For more information, refer to the CSDE's resource, *Using Child Nutrition (CN) Labels in the CACFP*.

PFS forms

A PFS is a document developed by manufacturers that provides specific information about how a product credits toward the USDA meal patterns for Child Nutrition Programs. The information on PFS forms can vary among manufacturers because these forms are not monitored by the USDA.

To document that a product is WGR, the PFS must indicate the weight (grams) of each creditable grain per serving and demonstrate that whole grains are the greatest ingredient by weight. For more information on PFS forms, refer to the CSDE's resource, *Using Product Formulation Statements in the CACFP*, and the USDA's document, *Product Formulation Statement for Documenting Grains in Child Nutrition Programs*.

When a PFS is Required for Commercial Grain Products

CACFP facilities may need to obtain additional information to determine if some commercial grain products are WGR. A PFS is required for commercial products when any of the following situations apply:

- a whole grain is not the first ingredient, but the product contains more than one whole grain;
- the first ingredient is a flour blend of whole and enriched flour;
- a combination food that contains a grain portion is not CN labeled;
- the manufacturer claims that the product's serving size is less than the required weight or volume in the USDA's Exhibit A chart; or
- the product is not listed in the USDA's Exhibit A chart.

These situations are summarized below. For each situation, the manufacturer's PFS must indicate the weight (grams) of each creditable grain per serving and demonstrate how the product provides that amount according to the USDA's *Food Buying Guide for Child Nutrition Programs* or the USDA's regulations, guidance, or policies. If the manufacturer will not supply a PFS, or the PFS does not provide the appropriate documentation, the product cannot credit as the grains component in the CACFP.

CACFP facilities should verify the accuracy of the PFS **before** including the product in reimbursable meals and snacks, and must maintain all crediting documentation on file. The CSDE will review this information during the Administrative Review of the CACFP. For more information, refer to the USDA's document, *Tips for Evaluating a Manufacturer's Product Formulation Statement*. For guidance on how to evaluate a PFS, refer to [section 6](#).

Situation 1: Creditable grain is not the first ingredient, but the product contains more than one creditable grain

A PFS is required when a creditable grain is not the first ingredient (excluding water), but the ingredients statement for the commercial grain product (or the *grain portion* of a combination food) contains more than one creditable grain. For grain products (such as breads, rolls, muffins, and waffles), the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight. For combination foods (such as pizza, lasagna, and breaded chicken), the PFS must document that the combined weight of all creditable grains in the *grain portion* is the greatest ingredient by weight in the *grain portion*. Table 4-1 shows some examples of acceptable WGR documentation for commercial foods that contain multiple whole grains.

Table 4-1. Examples of acceptable documentation for commercial products that contain multiple whole grains

Bread product

Ingredients: *Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, water, *whole-wheat flour, whole oats*, sugar, yeast, soybean oil, salt.

The product does not meet the Rule of Three because the first ingredient in the bread (unbleached enriched wheat flour) is not a whole grain (refer to “[Method 1: Rule of Three](#)” in section 3.) However, the product contains two whole grains (whole-wheat flour and whole oats).

The CACFP facility obtains a PFS from the manufacturer stating that enriched flour is 40 percent of the product’s grain weight, whole-wheat flour is 30 percent, and whole oats is 30 percent. This product meets the CACFP WGR criteria because the PFS documents that the combined weight of the two whole-grain ingredients (60 percent) is greater than the weight of the enriched flour (40 percent), even though enriched flour is listed first in the ingredients statement.

Breaded chicken patty with package stating “contains whole grains”

Ingredients: Chicken, water, salt and natural flavor. **Breaded with:** *enriched wheat flour*, water, *white whole-wheat flour*, salt, *whole-grain corn flour*, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.

The statement, “contains whole grains,” does not indicate that the product is WGR because it is not an FDA standard of identity (refer to “[Method 6: Labels for foods with FDA Standard of Identity](#)” in section 3). This product does not meet the Rule of Three because the first ingredient in the breading (enriched wheat flour) is not a whole grain (refer to “[Method 1: Rule of Three](#)” in section 3.)

However, the breading contains two whole grains (white whole-wheat flour and whole-grain corn flour). The CACFP facility obtains a PFS from the manufacturer stating that the breading contains 50 percent enriched wheat flour, 25 percent white whole-wheat flour, and 25 percent whole-grain corn flour. This product meets the WGR criteria because the PFS documents that the *grain portion* of this combination food contains 50 percent whole grains, and the other grain ingredient in the *grain portion* is enriched.

Situation 2: First ingredient is flour blend of whole and enriched flour

A PFS is required when the first ingredient in a commercial grain product is a flour blend of whole and enriched flour. Flour blends do not indicate if the whole grain is the greatest ingredient by weight. For example, if the flour blend is 40 percent of the product's weight (25 percent whole-wheat flour and 15 percent enriched flour) and the first ingredient after the flour blend is sugar (30 percent of the product's weight), the sugar weighs more than the whole-wheat flour.

CACFP facilities must obtain a PFS that documents one of the following: 1) the whole grain content is at least 8 grams per ounce equivalent (groups A-E); or 2) the weight of the whole grain in the flour blend is more than the first ingredient (excluding water) listed *after* the flour blend. For example, the PFS for the product below must document that the whole-wheat flour in the flour blend weighs more than the brown sugar.

- Ingredients: Water, **flour blend** [*whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)*], water, **brown sugar**, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, salt, wheat gluten, enzyme.

A PFS is not required if the flour blend contains only whole grains, such as “*flour blend (whole-wheat flour, whole-grain oats)*.” Products that contain 100 percent whole grains are WGR.

Situation 3: Combination food that contains a grain portion is not CN labeled

A PFS is required when a commercial combination food that contains a grain portion is not CN labeled. Examples include pizza crust in pizza, noodles in lasagna, and baked chicken coated with breadcrumbs or crushed cereal flakes. The PFS must document that whole grains are the greatest ingredient by weight in the *grain portion*.

**Situation 4: Manufacturer claims serving size is less than USDA's Exhibit A chart**

A PFS is required when a manufacturer claims that a commercial grain product can provide the required creditable grains using a serving that is less than the minimum weight or volume listed in the USDA's Exhibit A chart (refer to “[Ounce Equivalents](#)” in section 1). An example is a manufacturer that claims a ¾-ounce bagel credits as 1 ounce equivalent of the grains component. The product's PFS must indicate how the manufacturer obtained this crediting information based on the FBG or the USDA's regulations, guidance, or policies.

Situation 5: Product is not listed in USDA’s Exhibit A chart

A PFS is required when a commercial WGR product is not listed in any of the nine groups of the USDA’s Exhibit A chart (refer to “[Ounce Equivalents](#)” in section 1). The PFS must indicate the weight of each creditable grain and how the manufacturer obtained the product’s crediting information based on the USDA’s regulations, guidance, or policies.

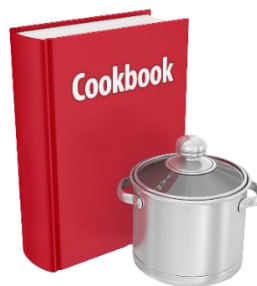
Documentation for WGR Foods Made from Scratch

CACFP facilities must have recipes on file that document the crediting information for all grain foods made from scratch. This includes foods made on site by the CACFP facility and foods prepared by vendors.

The CSDE strongly recommends using standardized recipes to ensure accurate crediting information. The USDA defines a standardized recipe as one that has been tried, adapted, and retried several times for use by a given foodservice operation; and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients.

CACFP facilities must ensure that the crediting and WGR information for recipes is accurate. The CSDE will review this information during the Administrative Review of the CACFP. For information on how to determine if grain recipes are WGR, refer to “[WGR Criteria for Foods Made from Scratch](#)” in section 2.

For more information on standardized recipes, refer to section 2 of the CSDE’s guides, [Meal Pattern Requirements for CACFP Child Care Programs](#) or [Meal Pattern Requirements for CACFP Adult Day Care Centers](#), and visit the “Standardized Recipes” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) or [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.





5 — How to Use the Rule of Three

This section contains examples of how to use the Rule of Three to determine if commercial grain products are WGR. If a product meets the Rule of Three, the CACFP facility must determine the ounce equivalents contribution of the serving. For more information, refer to “[Ounce Equivalents](#)” in section 1.

Color-coding of Ingredients in the Crediting Examples

The information below summarizes the color-coding used to identify the creditable and noncreditable grains in the ingredients statement for each example.

- Creditable grains:** Creditable grains (whole, enriched, bran, and germ) are indicated in highlighted **bold** text. Whole grains are indicated in highlighted bold **UPPERCASE** text. For examples of whole and enriched grains, refer to the CSDE’s resources, [Crediting Whole Grains in the CACFP](#) and [Crediting Enriched Grains in the CACFP](#).
- Noncreditable grains:** Noncreditable grains (such as wheat flour, rice flour, corn flour, and oat fiber) are indicated in pink highlighted ***bold italicized*** text. Menu planners must include noncreditable grains when using the USDA’s Rule of Three, unless the noncreditable grains : 1) listed after the statement “contains 2% or less; 2) listed in the sublisting for a dough conditioner; 3) part of the non-grain portion of a combination food, such as wheat flour in the cheese filling of ravioli; or 4) part of a non-grain ingredient, such as the wheat starch in a dough conditioner. For examples of noncreditable grains, refer to column A in [table 3-3](#).
- Grain derivatives:** Grain derivatives (by-products of grains such as wheat gluten and maltodextrin) are indicated in ~~strike through~~ text. These ingredients do not count toward the Rule of Three and are ignored. For examples of grain derivatives, refer to column B in [table 3-3](#).
- Non-grain ingredients:** Non-grain ingredients that contain noncreditable grains are indicated in blue highlighted text. Examples include cheese filling that contains wheat starch, fruit filling that contains modified food starch, molasses powder that contains wheat starch, and dough conditioner that contains soy flakes. For more information, refer to “[When to ignore noncreditable grains](#)” in section 3.

Table 5-1 includes definitions for some common ingredients found in the commercial grain products used for the crediting examples. For additional definitions, refer to the [glossary](#).

Table 5-1. Definitions for common ingredients in commercial grain products

azodicarbonamide (ADA): A chemical substance approved by the FDA for use as a whitening agent in cereal flour and a dough conditioner in bread baking.

bleached flour: Flour treated with chemical agents to speed up the natural aging process and produce a whiter flour with a finer grain and softer texture. Bleached flour is a creditable grain if it is enriched. For information on crediting enriched grains, refer to the CSDE’s resource, [*Crediting Enriched Grains in the CACFP*](#).

bromated flour: A type of flour with added potassium bromate, which promotes gluten development to improve dough’s baking qualities (such as the rise and elasticity of dough). This flour is more commonly available with ascorbic acid added to provide the elasticity instead of potassium bromate. For information on crediting enriched grains, refer to the CSDE’s resource, [*Crediting Enriched Grains in the CACFP*](#).

DATEM or datem: An abbreviation for “diacetyl tartaric acid ester of mono- and diglycerides,” which is an emulsifier used in baking. DATEM strengthens the gluten network in dough to improve the bread’s texture and shape.

l-cysteine: An amino acid used in baking to help soften the dough and reduce processing time.

maltodextrin: A carbohydrate derived from starch (typically from corn, potatoes, rice, or wheat) that is used as a food additive to enhance texture and flavor. Maltodextrin is a grain derivative that does not count toward the Rule of Three.

modified food starch: A chemically altered ingredient made from starch that is used as a thickening agent, stabilizer, or emulsifier. The most common types of modified food starch are made from corn, wheat, potato, and tapioca. Modified food starch is a grain derivative that does not count toward the Rule of Three.

vital wheat gluten: A powdered form of wheat gluten that is used in baking to add elasticity to flours that are low in gluten, such as whole wheat or rye. Vital wheat gluten is a grain derivative that does not count toward the Rule of Three.

wheat gluten: The protein component of the wheat grain that helps baked goods hold their shape. Wheat gluten is a grain derivative that does not count toward the Rule of Three.

whey: A milk protein used to emulsify, thicken, and brown baked goods.

Product 1: Whole-wheat bagel (commercial grain product)

Ingredients: **WHOLE-WHEAT FLOUR**, sugar, ~~wheat gluten~~. Contains 2% or less of each of the following: honey, salt, **yellow corn flour**, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water):** Whole-wheat flour
- B. **Second grain ingredient:** None. Wheat gluten is a grain derivative and is ignored. ¹
- C. **Third grain ingredient:** None. Yellow corn flour (noncreditable grain) is listed after “contains 2% or less” and is ignored. ¹

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable) ² ☐ No: Does product contain more than one creditable grain?
- ☐ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

- Is the first ingredient (excluding water) a whole grain (refer to Part 1A above)?
☒ Yes ☐ No
- Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
☐ Yes ☐ No ☒ Not applicable (no second grain ingredient or can be ignored) ¹
- Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
☐ Yes ☐ No ☒ Not applicable (no third grain ingredient or can be ignored) ¹
- Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☒ Yes (WGR) ² ☐ No: Does product contain more than one whole grain or a flour blend?
☐ Yes (requires PFS) ⁴ ☐ No (not WGR)

¹ Refer to “Noncreditable grains” in section 3.

² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “Ounce Equivalents” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “When a PFS is required for commercial grain products” in section 4.

Product 2: English muffin (commercial grain product)

Ingredients: Water, **WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)**, yeast, ~~wheat gluten~~, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water):** Whole-wheat flour
- B. **Second grain ingredient:** Enriched flour
- C. **Third grain ingredient:** None. Wheat gluten is a grain derivative and is ignored. ¹

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable) ² ☐ No: Does product contain more than one creditable grain?
- ☐ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

- Is the first ingredient (excluding water) a whole grain (refer to Part 1A above)?
☒ Yes ☐ No
- Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) ¹
- Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
☐ Yes ☐ No ☒ Not applicable (no third grain ingredient or can be ignored) ¹
- Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☒ Yes (WGR) ² ☐ No: Does product contain more than one whole grain or a flour blend?
☐ Yes (requires PFS) ⁴ ☐ No (not WGR)

¹ Refer to “[Noncreditable grains](#)” in section 3.

² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “[Ounce Equivalents](#)” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “[When a PFS is required for commercial grain products](#)” in section 4.

Product 3: Bread sticks (commercial grain product)

Ingredients: Water, **WHOLE-WHEAT FLOUR**, unbleached unbromated **enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid)**, honey, yeast, salt, dough conditioners (mono & diglycerides, DATEM, ascorbic acid, enzymes), ~~modified food starch~~, **fava bean flour**, flavor (natural flavor, ~~modified vegetable gum, hydrolyzed starch, maltodextrin~~), **malted barley flour**, dextrose, **rye flour**.

Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Whole-wheat flour
- B. **Second grain ingredient:** Unbleached unbromated enriched wheat flour
- C. **Third grain ingredient:** Fava bean flour (noncreditable grain). **Note:** Modified food starch is a grain derivative and is ignored. ¹ Other grains (malted barley flour and rye flour) after the first three grain ingredients are also ignored.

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable) ² ☐ No: Does product contain more than one creditable grain?
☐ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

- Is the first ingredient (excluding water) a whole grain (refer to Part 1A above)?
☒ Yes ☐ No
- Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) ¹
- Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
☐ Yes ☒ No ☐ Not applicable (no third grain ingredient or can be ignored) ¹
- Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☐ Yes (WGR) ² ☒ No: Does product contain more than one whole grain or a flour blend?
☐ Yes (requires PFS) ⁴ ☒ No (not WGR)

¹ Refer to “[Noncreditable grains](#)” in section 3.

² The serving must provide the required weight for group A in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “[Ounce Equivalents](#)” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “[When a PFS is required for commercial grain products](#)” in section 4.

Product 4: Oat bread (commercial grain product)

Ingredients: Water, **unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]**, water, **WHOLE WHEAT FLOUR, WHOLE OATS**, sugar, ~~wheat gluten~~, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem and/or sodium stearyl lactylate, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water):** Unbleached enriched wheat flour
- B. **Second grain ingredient:** Whole-wheat flour
- C. **Third grain ingredient:** Whole oats

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable) ² ☐ No: Does product contain more than one creditable grain?
- ☐ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

1. Is the first ingredient (excluding water) a whole grain (refer to Part 1A above)?
☐ Yes ☒ No
2. Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
☒ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☐ Yes (WGR) ² ☒ No: Does product contain more than one whole grain or a flour blend?

☒ Yes (requires PFS) ⁴ ☐ No (not WGR)

¹ Refer to “[Noncreditable grains](#)” in section 3.

² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “[Ounce Equivalents](#)” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “[When a PFS is required for commercial grain products](#)” in section 4.

Product 5: Blueberry muffin (commercial grain product)

Ingredients: **WHOLE-WHEAT FLOUR**, sugar, eggs, water, blueberries, **enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)**, invert sugar, soybean oil, **contains 2% or less of:** palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, **oat fiber**, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), ~~modified food starch~~, salt, ~~wheat starch~~, blueberry juice concentrate.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water):** Whole-wheat flour
- B. **Second grain ingredient:** Enriched flour
- C. **Third grain ingredient:** None. The oat fiber (noncreditable grain) listed after “contains 2% or less of” is ignored.¹

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable)² ☐ No: Does product contain more than one creditable grain?
- ☐ Yes (requires PFS)³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

- Is the first ingredient (excluding water) a whole grain (refer to Part 1A above)?
☒ Yes ☐ No
- Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored)¹
- Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
☐ Yes ☐ No ☒ Not applicable (no third grain ingredient or can be ignored)¹
- Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☒ Yes (WGR)² ☐ No: Does product contain more than one whole grain or a flour blend?
☐ Yes (requires PFS)⁴ ☐ No (not WGR)

¹ Refer to “Noncreditable grains” in section 3.

² The serving must provide the required weight for group D in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “Ounce Equivalents” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “When a PFS is required for commercial grain products” in section 4.

Product 6: Italian bread (commercial grain product)

Ingredients: **Semolina flour**, enriched durum wheat flour (durum wheat flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), **WHOLE-WHEAT FLOUR**, water, contains 2 percent or less of: sesame seeds, salt, malt syrup, cultured wheat starch, distilled vinegar, yeast, citric acid, **malted barley flour**.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water):** Semolina flour (noncreditable grain)
- B. **Second grain ingredient:** Enriched durum wheat flour
- C. **Third grain ingredient:** Whole-wheat flour. **Note:** Other grains (malted barley flour) after the first three grain ingredients are ignored.

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☐ Yes (creditable) ² ☒ No: Does product contain more than one creditable grain?
- ☒ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

- Is the first ingredient (excluding water) a whole grain (refer to Part 1A above)?
☐ Yes ☒ No
- Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) ¹
- Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
☒ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) ¹
- Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☐ Yes (WGR) ² ☒ No: Does product contain more than one whole grain or a flour blend?
☐ Yes (requires PFS) ⁴ ☒ No (not WGR)

¹ Refer to “Noncreditable grains” in section 3.

² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “Ounce Equivalents” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “When a PFS is required for commercial grain products” in section 4.

Product 7: Wheat roll (commercial grain product)

Ingredients: Water, flour blend [WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], water, brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, salt, wheat gluten, enzyme.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water):** Flour blend (whole-wheat flour and enriched flour)
- B. **Second grain ingredient:** None. The soy flakes (noncreditable grain) are in the dough conditioner and are ignored. ¹
- C. **Third grain ingredient:** None. Wheat gluten is a grain derivative and is ignored. ¹

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable) ² ☐ No: Does product contain more than one creditable grain?
- ☐ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

1. Is the first ingredient (excluding water) a whole grain (refer to Part 1A above)?
☐ Yes ☒ No
2. Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
☐ Yes ☐ No ☒ Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
☐ Yes ☐ No ☒ Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☐ Yes (WGR) ² ☒ No: Does product contain more than one whole grain or a flour blend?
☒ Yes (requires PFS) ⁴ ☐ No (not WGR)

¹ Refer to “Noncreditable grains” in section 3.

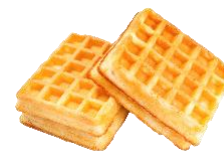
² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “Ounce Equivalents” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “When a PFS is required for commercial grain products” in section 4.

Product 8: Waffles made with whole wheat (commercial grain product)

Ingredients: Water, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), **WHOLE-WHEAT FLOUR**, canola oil, egg whites, wheat bran, sugar, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, malt flavoring, whey, soy lecithin.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water):** Enriched flour
- B. **Second grain ingredient:** Whole-wheat flour
- C. **Third grain ingredient:** Wheat bran

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable) ² ☐ No: Does product contain more than one creditable grain?
- ☐ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

1. Is the first ingredient (excluding water) a whole grain (refer to Part 1A above)?
☐ Yes ☒ No
2. Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
☒ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☐ Yes (WGR) ² ☒ No: Does product contain more than one whole grain or a flour blend?

☐ Yes (requires PFS) ⁴ ☒ No (not WGR)

¹ Refer to “Noncreditable grains” in section 3.

² The serving must provide the required weight for group C in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “Ounce Equivalents” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “When a PFS is required for commercial grain products” in section 4.

Product 9: French toast (commercial grain product)

Ingredients: Bread (**WHOLE-WHEAT FLOUR**, water, **enriched wheat flour** [**flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid**], sugar, ~~wheat gluten~~, yeast, salt, soybean oil, calcium propionate (preservative), DATEM, calcium sulfate, soy lecithin, water, **batter** (**WHOLE-WHEAT FLOUR**, sugar, **enriched bleached wheat flour** [**enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid**], dextrose, eggs, **yellow corn flour**, corn syrup solids, natural flavor, salt, leavening (sodium aluminum phosphate, sodium bicarbonate), nonfat milk, spice.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water):** Whole-wheat flour in the bread
- B. **Second grain ingredient:** Enriched wheat flour in the bread
- C. **Third grain ingredient:** Whole-wheat flour in the batter. **Note:** Wheat gluten is a grain derivative and is ignored. ¹ Other grains (yellow corn flour) after the first three grain ingredients are ignored.

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable) ² ☐ No: Does product contain more than one creditable grain?
- ☐ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

- Is the first ingredient (excluding water) a whole grain (refer to Part 1A above)?
☒ Yes ☐ No
- Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) ¹
- Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
☒ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) ¹
- Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☒ Yes (WGR) ² ☐ No: Does product contain more than one whole grain or a flour blend?
☐ Yes (requires PFS) ⁴ ☐ No (not WGR)

¹ Refer to “Noncreditable grains” in section 3.

² The serving must provide the required weight for group E in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “Ounce Equivalents” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “When a PFS is required for commercial grain products” in section 4.

Product 10: Breaded chicken nuggets (commercial combination food)

Ingredients: Boneless, skinless chicken breast with rib meat, water, **WHOLE WHEAT FLOUR**, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.



Part 1: Grain ingredients
<p>A. First grain ingredient: Whole-wheat flour</p> <p>B. Second grain ingredient: None</p> <p>C. Third grain ingredient: None</p>
Part 2: CACFP crediting criteria for combination foods (not separate grain portion) ³
<p>Creditable: <i>The first grain ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first grain ingredient (excluding water) a creditable grain (refer to Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (requires PFS) ³ <input type="checkbox"/> No (not creditable)</p>
Part 3: CACFP WGR criteria (Rule of Three) for combination foods (not separate grain portion) ³
<p>WGR: <i>The first grain ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first grain ingredient (excluding water) a whole grain (refer to Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input checked="" type="checkbox"/> Yes (WGR) ² <input type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (requires PFS) ⁴ <input type="checkbox"/> No (not WGR)</p>
<p>¹ Refer to “Noncreditable grains” in section 3.</p> <p>² The serving must provide the required weight for group A in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “Ounce Equivalents” in section 1).</p> <p>³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ Refer to “When a PFS is required for commercial grain products” in section 4.</p>

Product 11: Cheese ravioli (commercial combination food)

Ingredients: **Filling:** Fat-free ricotta cheese (whey, skim milk, vinegar, carrageenan), water, egg, low-moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, Romano cheese made from cow's milk (cultured milk, salt, enzymes), bleached wheat flour, salt, sugar, dehydrated garlic. **Pasta:** **WHOLE-WHEAT FLOUR**, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, egg.



Part 1: Grain ingredients

- A. **First ingredient (excluding water) in the grain portion:** Whole-wheat flour
- B. **Second grain ingredient in the grain portion:** Enriched durum wheat flour
- C. **Third grain ingredient in the grain portion:** None

Part 2: CACFP crediting criteria for combination foods (separate grain portion) ³

Creditable: *The first ingredient in the **grain portion** must be a creditable grain (whole, enriched, bran, or germ).*

Is the first grain ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable) ² ☐ No: Does product contain more than one creditable grain?
☐ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for combination foods (separate grain portion) ³

WGR: *The first ingredient in the **grain portion** must be a whole grain and the next two grain ingredients (if any) must be creditable.*

1. Is the first grain ingredient (excluding water) in the grain portion a whole grain (refer to Part 1A above)?
☒ Yes ☐ No
2. Is the second grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1C above)?
☐ Yes ☐ No ☒ Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☒ Yes (WGR) ² ☐ No: Does grain portion contain more than one whole grain or a flour blend?
☐ Yes (requires PFS) ⁴ ☒ No (not WGR)

¹ Refer to “Noncreditable grains” in section 3.

² The serving must provide the required weight or volume for group H in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Ounce Equivalents" in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “When a PFS is required for commercial grain products” in section 4.

Product 12: Breaded chicken patty (commercial combination food)

Ingredients: Chicken, water, salt and natural flavor. Breaded with: **Wheat flour**, water, ~~wheat starch~~, **WHITE WHOLE-WHEAT FLOUR**, salt, **yellow corn flour**, ~~corn starch~~, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water) in the grain portion:** Wheat flour (noncreditable grain)
- B. **Second grain ingredient in the grain portion:** White whole-wheat flour. **Note:** Wheat starch is a grain derivative and is ignored. ¹
- C. **Third grain ingredient in the grain portion:** Yellow corn flour (noncreditable grain)

Part 2: CACFP crediting criteria for combination foods (separate grain portion) ³

Creditable: *The first ingredient in the **grain portion** must be a **creditable** grain (whole, enriched, bran, or germ).*

Is the first grain ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☐ Yes (creditable) ² ☒ No: Does product contain more than one creditable grain?
- ☐ Yes (requires PFS) ³ ☒ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for combination foods (separate grain portion) ³

WGR: *The first ingredient in the **grain portion** must be a whole grain and the next two grain ingredients (if any) must be creditable.*

- Is the first grain ingredient (excluding water) in the grain portion a whole grain (refer to Part 1A above)?
☐ Yes ☒ No
- Is the second grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) ¹
- Is the third grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1C above)?
☐ Yes ☒ No ☐ Not applicable (no third grain ingredient or can be ignored) ¹
- Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☐ Yes (WGR) ² ☒ No: Does grain portion contain more than one whole grain or a flour blend?
☐ Yes (requires PFS) ⁴ ☒ No (not WGR)

¹ Refer to “[Noncreditable grains](#)” in section 3.

² The serving of breading must provide the required weight for group A in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “[Ounce Equivalents](#)” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “[When a PFS is required for commercial grain products](#)” in section 4.

Product 13: Chicken vegetable egg roll (commercial combination food)

Ingredients: **Filling:** Cabbage, ground chicken, carrots, celery, water, onion, contains 2% or less of: dried whole egg, sugar, soy sauce, modified food starch, dehydrated onions, salt, garlic, spice. **Wrapper: WHITE WHOLE-WHEAT FLOUR**, water, **enriched flour (wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid])**, **enriched durum flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)**, contains 2% or less of: wheat gluten, soybean oil, salt, rice extract, cornstarch; water.

**Part 1: Grain ingredients**

- A. **First ingredient (excluding water) in the grain portion:** White whole-wheat flour
- B. **Second grain ingredient in the grain portion:** Enriched flour
- C. **Third grain ingredient in the grain portion:** Enriched durum flour

Part 2: CACFP crediting criteria for combination foods (separate grain portion) ³

Creditable: *The first ingredient in the **grain portion** must be a creditable grain (whole, enriched, bran, or germ).*

Is the first grain ingredient (excluding water) a creditable grain (refer to Part 1A)?

- ☒ Yes (creditable) ² ☐ No: Does product contain more than one creditable grain?
- ☐ Yes (requires PFS) ³ ☐ No (not creditable)

Part 3: CACFP WGR criteria (Rule of Three) for combination foods (separate grain portion) ³

WGR: *The first ingredient in the **grain portion** must be a whole grain and the next two grain ingredients (if any) must be creditable.*

- Is the first grain ingredient (excluding water) in the grain portion a whole grain (refer to Part 1A above)?
☒ Yes ☐ No
- Is the second grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1B above)?
☒ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) ¹
- Is the third grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1C above)?
☒ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) ¹
- Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
☒ Yes (WGR) ² ☐ No: Does grain portion contain more than one whole grain or a flour blend?
☐ Yes (requires PFS) ⁴ ☐ No (not WGR)

¹ Refer to “[Noncreditable grains](#)” in section 3.

² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (refer to “[Ounce Equivalents](#)” in section 1).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ Refer to “[When a PFS is required for commercial grain products](#)” in section 4.

6 — How to Evaluate a PFS

The manufacturer's PFS provides information about how a processed grain product might contribute to the USDA's meal patterns for Child Nutrition Programs. However, unlike CN labels, PFS forms do not provide any guarantee of the product's meal pattern contribution. Therefore, the CACFP facility is responsible for verifying and keeping records of PFS forms. CACFP facilities should check the crediting information on the manufacturer's PFS for accuracy **before** including the commercial grain product in reimbursable meals. This section provides guidance on how to evaluate PFS forms for commercial grain products.

Parts of the USDA's PFS Form for Grains

CACFP facilities should determine if the manufacturer's PFS provides sufficient information to document that the product meets the stated crediting requirements. Table 6-1 shows an example of a completed version of the USDA's *Product Formulation Statement for Documenting Grains in Child Nutrition Programs*. This PFS includes the following information:

- manufacturer name,
- product name;
- product code number;
- product serving size;
- whether the product meets the WGR criteria;
- whether the product contains noncreditable grains and if so, how many grams;
- the Exhibit A grains group for the product (refer to “[Ounce Equivalents](#)” in section 1);
- a description of the creditable grain ingredient, grams of creditable grain ingredient per portion, the gram standard of creditable grains per ounce equivalent (16 grams or 28 grams), and the creditable amount;
- total weight (per portion) of product as purchased;
- total grains contribution of product per portion;
- certification statement for the official company representative indicating the weight (ounces) and grains contribution (ounce equivalents) of the portion; and
- the name, title, phone number, signature of the official company representative, and the date signed.

Manufacturers may use a format that is different from the USDA's PFS form. However, the manufacturer's PFS must include the information needed to determine how the product contributes to the meal pattern requirements.

Table 6-1. Sample PFS Form for Grams of Creditable Grains



United States Department of Agriculture

Food and Nutrition Service

**Product Formulation Statement for Documenting Grains
in Child Nutrition Programs**
(Crediting Standards Based on Grams of Creditable Grains (ounce equivalents))

Child Nutrition (CN) Program Operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. CN Program Operators have the option to choose the crediting method that best fits their specific needs for menu planning.

A Product Name: Wheat Smile Pancakes Code No.: 123456
 Manufacturer: ABC Bread Company Serving Size: 2 pancakes: 50 grams (1.75 ounces)
(raw dough weight may be used to calculate creditable grain amount)

B I. Does the product meet the Whole Grain-Rich Criteria: Yes ☒ No ☐

C II. Does the product contain non-creditable grains: Yes ☐ No ☒ How many grams: **D**
(Products with more than 0.24 ounce (oz.) equivalent (eq.) or 3.99 grams (g) for Groups A-G or 6.99g for Groups H and I of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the FBG to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16g creditable grain per oz. eq.; Group H uses the standard of 28g creditable grain per oz. eq.; and Group I is reported by volume or weight.)

E Indicate to which Exhibit A Group (A-I) the Product Belongs: C

DESCRIPTION OF CREDITABLE GRAIN INGREDIENT*	GRAMS OF CREDITABLE GRAIN INGREDIENT PER PORTION ¹	GRAM STANDARD OF CREDITABLE GRAIN PER OZ. EQUIVALENT (16g or 28g) ²	CREDITABLE AMOUNT
F	A	G B	H A ÷ B
Whole-wheat flour (30%)	15	16	0.9375
Enriched flour (22%)	11	16	0.6875
		I Total	1.625
	J Total Creditable Amount ³		1.5

* Creditable grains vary by CN Program. See the FBG for specific Program requirements.

¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

² Standard grams of creditable grains from the corresponding Group in Exhibit A.

³ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz. eq. Do **not** round up.

K Total weight (per portion) of product as purchased 1.75 ounces

Total contribution of product (per portion) 1.5 oz. eq.

L I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.5 oz. eq. grains. I further certify that non-creditable grains **are not** above 0.24 oz. eq. per portion. Products with more than 0.24 oz. eq. or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains may not credit towards the grain requirements for school meals.

M John Smith
 Signature
John Smith
 Printed Name

President, ABC Bread Company
 Title
11/3/2020 123-456-7890
 Date Phone Number

November 2019

How to review a grain product's PFS

The guidance below indicates what menu planners should consider when reviewing the accuracy of a grain product's PFS. The green circles refer to each section of the USDA's PFS form for grains in table 6-1.

- A** **Product information:** Check that the product name, code number, manufacturer, and serving size listed on the PFS match the information on the product packaging.

Part I

B **“Does the product meet the whole grain-rich criteria”**

If “Yes” is checked, review the information for noncreditable grains (C) and creditable grain ingredients (F). To meet the CACFP WGR criteria, the total weight of the whole-grain ingredients must be equal to or more than the weight of the enriched grain ingredients.

- For this example, 15 grams of whole-wheat flour is more than 11 grams of enriched flour.

Part II

C **“Does the product contain noncreditable grains”**

D **“How many grams”**

The limit for noncreditable grains in part II (3.99 grams for groups A-G or 6.99 grams for groups H-I) is specific to the WGR criteria for the school nutrition programs. The CACFP WGR criteria do not require commercial grain products to meet these limits.

CACFP facilities can use this information as a guide to determine if the product contains noncreditable grains. If “No” is checked, review the **product's ingredients statement** to determine if any noncreditable grains are listed. For examples of noncreditable grains, refer to [table 3-3](#) in section 3.

Incorrectly stating that the product does not contain any noncreditable grains is the **most common error** on PFS forms for grain products.

Part III

E “Indicate to which Exhibit A grain group (A-I) the product belongs”

Check that the PFS lists the correct Exhibit A grain group for the product. For example, the PFS for bread must list group B and the PFS for pancakes must list group C. For more information, refer to the CSDE’s resource, [Grain Ounce Equivalents for the CACFP](#).

- For this example, group C is the correct group for pancakes.

F Chart: “DESCRIPTION OF CREDITABLE GRAIN INGREDIENT” (first column)

Review the **product’s ingredients statement** to identify all creditable grains. Check that the PFS lists the **same** creditable grains. For guidance on identifying creditable grains, refer to the CSDE’s resources, [Crediting Whole Grains in the CACFP](#) and [Crediting Enriched Grains in the CACFP](#).

G Chart: “GRAM STANDARD OF CREDITABLE GRAIN PER OZ. EQUIVALENT (16g or 28g)” (third column)

Check that the PFS uses the correct gram standard for each creditable grain ingredient (F), based on the product’s Exhibit A grain group listed above the chart (E).

- Groups A-G (baked goods) require 16 grams of creditable grains to credit as 1 ounce equivalent. To be WGR, at least 8 of the 16 grams must be whole grains. **Note:** Foods in groups F-G (grain-based desserts) do not credit in the CACFP meal patterns.
- Group H (cereal grains) requires 28 grams of creditable grains to credit as 1 ounce equivalent. To be WGR, at least 14 of the 28 grams must be whole grains.
- Group I (RTE breakfast cereals) requires 28 grams (1 ounce) or the equivalent volume indicated in Exhibit A (1 cup for flaked and round cereals, 1¼ cups for puffed cereals, and ¼ cup for granola) to credit as 1 ounce equivalent. To be WGR, at least 14 of the 28 grams must be whole grains.

Part III, *continued***H****Chart: “CREDITABLE AMOUNT” (fourth column)**

Check that the calculation for the creditable amount of each creditable grain ingredient is correct. For each ingredient listed in column 1 (F), divide the “GRAMS OF CREDITABLE GRAIN INGREDIENT PER PORTION” in column 2 by the “GRAM STANDARD OF CREDITABLE GRAIN PER OZ. EQUIVALENT” in column 3 (G).

- For this example, 15 grams divided by 16 grams equals 0.9375 ounce equivalents (whole-wheat flour); and 11 grams divided by 16 grams equals 0.6875 ounce equivalents (enriched flour).

I**Chart: “Total” (bottom of fourth column)**

Check that the “Total” at the bottom of column 4 equals the sum of all creditable grain ingredients.

- For this example, 0.9375 ounce equivalents (whole-wheat flour) plus 0.6875 ounce equivalents (enriched flour) equals 1.625 ounce equivalents.

J**Chart: “Total Creditable Amount” (bottom of fourth column)**

Check that the “Total Creditable Amount” at the bottom of column 4 is rounded **down** to the nearest quarter ($\frac{1}{4}$) ounce equivalent. For example, 1.625 ounce equivalents round down to 1.5 ounce equivalents; 1.49 ounce equivalents and 1.27 ounce equivalents round down to 1.25 ounce equivalents; and 1.24 ounce equivalents round down to 1 ounce equivalent.

- For this example, 1.625 ounce equivalents rounds down to 1.5 ounce equivalents.

K**“Total weight (per portion) of product as purchased” and “Total contribution of product (per portion)”**

Check that the total weight per portion as purchased in this section is the same as the serving size listed at the top of the PFS (A). Check that the total contribution per portion (ounce equivalents) in this section is the same as the “Total Creditable Amount” (J) listed at the bottom of column 4 in the chart.

- For this example, 1.75 ounces is listed in both sections and 1.5 ounce equivalents is listed in both sections.

Part III, *continued*



Certification statement: Check that the portion size and grain ounce equivalents contribution in the certification statement is the same as the information listed just above the certification statement (K).

- For this example, 1.5 ounce equivalents is listed in both sections.



Signature: Check that the manufacturer's PFS is on company letterhead and is signed and dated by an official company representative. The signature can be handwritten, stamped, or electronic.

CACFP facilities must maintain PFS forms and supporting information on file to document meal pattern compliance for auditing purposes. For more information, refer to “[PFS forms](#)” and “[When a PFS is Required for Commercial Grain Products](#)” in section 4.

Common compliance issues for grain PFS forms

The CSDE has observed several compliance issues with PFS forms for commercial grain products. The most common compliance issues include:

- incomplete or missing information; and
- incorrectly stating that the product does not contain noncreditable grains when they are listed on the ingredients statement.

PFS forms that do not provide sufficient information cannot be accepted as crediting documentation for CACFP meals and snacks. If the PFS is incomplete or inaccurate, the CACFP facility must request a revised PFS from the manufacturer, with supporting documentation, if needed.

7 — Resources

Breakfast Cereals

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 7A: Grains Component Crediting Requirements (CSDE webinar):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Calculating Sugar Limits for Breakfast Cereals in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-breakfast-cereals-cacfp>

Choose Breakfast Cereals that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/choose-breakfast-cereals-are-lower-sugar>

Crediting Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

Crediting Documentation for Grains

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 2: Meal Pattern Documentation (CSDE webinar):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Accepting Processed Product Documentation in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AcceptDocumentationCACFP.pdf>

Approved Food Guide for Connecticut WIC (Connecticut Department of Public Health):

<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf

Food Buying Guide Section 4: Yield Table for Grains (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

Grain Crediting Worksheets for CACFP Adult Day Care Centers (Worksheets 1-5)

(“Documents/Forms” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CreditingWorksheets>

Grain Crediting Worksheets for CACFP Child Care Program (Worksheets 1-5)

(“Documents/Forms” section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CreditingWorksheets>

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

(USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

– Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CNlabelCACFP.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScacfp.pdf>

Yield Study Form for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/YieldStudy.pdf>

Crediting Requirements for Grains

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 7A: Grains Component

Crediting Requirements (CSDE webinar):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Crediting Enriched Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditEnrichedCACFP.pdf>

Crediting Whole Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditWholeGrainsCACFP.pdf>

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component for CACFP Adult Day Care Centers (CSDE webpage):
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Grains>

Grains Component for CACFP Child Care Programs (CSDE webpage):
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Grains>

How to Identify Creditable Grains for the CACFP (CSDE):
<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.pdf>

USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers
<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:
<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 23-2019, CACFP 10-2019 and SFSP 9-2019: Crediting Popcorn in the Child Nutrition Programs:
<https://www.fns.usda.gov/school-meals/crediting-popcorn-child-nutrition-programs>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:
<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

Using the WIC Food Lists to Identify Grains for the CACFP – Handouts and webinars in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

Crediting Grain Foods Made from Scratch

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 7A: Grains Component Crediting Requirements (CSDE webinar):
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Crediting Foods Prepared on Site in CACFP Adult Day Care Centers (Documents/Forms section of the CSDE's Crediting Foods in CACFP Adult Day Care Centers webpage):
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#PreparedonSite>

Crediting Foods Prepared on Site in Child Care Programs (Documents/Forms section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage):
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#PreparedonSite>

Standardized Recipe Form for the CACFP (CSDE):
<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/StandardizedRecipeCACFP.docx>

Standardized Recipes in CACFP Adult Day Care Centers (Documents/Forms section of the CSDE's Crediting Foods in CACFP Adult Day Care Centers webpage):
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#StandardizedRecipes>

Standardized Recipes in CACFP Child Care Programs (Documents/Forms section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage):
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#StandardizedRecipes>

Meal Patterns

Basics at a Glance Portion Control Poster (Institute of Child Nutrition):
<https://theicn.org/icn-resources-a-z/basics-at-a-glance/>

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE webinars)
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

CACFP Training Tools (USDA):
<https://www.fns.usda.gov/cacfp-training-tools>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):
<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Resources for the CACFP Meal Patterns (CSDE):
<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/ResourcesCACFPMealPattern.pdf>

USDA Memo COVID-19: Child Nutrition Response #91: Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the Child and Adult Care Food Program for School Year 2021-2022:
<https://www.fns.usda.gov/cn/child-nutrition-response-91>

Ounce Equivalents

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 7C: Grains Component Ounce Equivalents (CSDE webinar):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Calculation Methods for Grain Ounce Equivalents in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalculationCACFP_OzEq.pdf

Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Exhibit A Grains Tool to the Rescue (USDA webinar):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Grain Ounce Equivalents for the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainOzEqCACFP.pdf>

How to Maximize the Exhibit A Grains Tool (USDA webinar):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

Ounce Equivalents (Documents/Forms section of the CSDE's Crediting Foods in CACFP Adult Day Care Centers webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#OunceEquivalents>

Ounce Equivalents (Documents/Forms section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#OunceEquivalents>

Using Ounce Equivalents for Grains in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

WGR Criteria

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 7B: Grains Component Whole Grain-rich Requirement (CSDE webinar):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

How to Spot Whole Grain-rich Foods for the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/how-spot-whole-grain-rich-foods-cacfp>

Identifying Whole Grain-rich Foods for the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

Is My Recipe Whole Grain-Rich in the CACFP? – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

Whole Grain-rich Requirement (Documents/Forms section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#WGR>

Whole Grain-rich Requirement (Documents/Forms section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#WGR>

Glossary

Administrative Review (AR): A periodic review of an institution’s operations of the Child Nutrition Programs, conducted by the Connecticut State Department of Education to monitor performance and assess compliance with all USDA regulations.

amaranth: A small type of gluten-free pseudo-grain. Amaranth is a whole grain. For more information, refer to “pseudo-grains” in this section.

azodicarbonamide (ADA): A chemical substance approved by the FDA for use as a whitening agent in cereal flour and a dough conditioner in bread baking.

barley: A whole grain that has a very tough hull. Whole barley and hulled barley are whole grains, but pearly barley is not. For more information, refer to “pearled grains” in this section.

berries (such as wheat berries and rye berries): The whole kernel of grain.

bleached flour: Flour treated with chemical agents to speed up the natural aging process and produce a whiter flour with a finer grain and softer texture. Bleached flour is a creditable grain if it is enriched. For information on crediting enriched grains, refer to the CSDE’s resource, [Crediting Enriched Grains in the CACFP](#).

bran: The seed husk or outer coating of cereal grains such as wheat, rye, and oats. Examples include oat bran, wheat bran, corn bran, rice bran, and rye bran. Bran is a creditable grain in the CACFP meal patterns but is not a whole grain.

bromated flour: A type of flour with added potassium bromate, which promotes gluten development to improve dough’s baking qualities (such as the rise and elasticity of dough). This flour is more commonly available with ascorbic acid added to provide the elasticity instead of potassium bromate. Bromated flour is a creditable grain if it is enriched. For more information, refer to “unbromated flour” in this section. For information on crediting enriched grains, refer to the CSDE’s resource, [Crediting Enriched Grains in the CACFP](#)

buckwheat: A type of gluten-free pseudo-grain typically used in foods like pancakes and soba noodles. that is botanically a relative of rhubarb. Buckwheat is a whole grain. For more information, refer to “pseudo-grains” in this section.

bulgur: Precooked parboiled (cracked or steamed) whole-wheat grains.

CACFP facilities: Child care centers, family day care homes, emergency shelters, and at-risk afterschool programs that participate in the USDA’s Child and Adult Care Food Program.

CACFP meal patterns for children: The required food components and minimum serving sizes that facilities participating in the CACFP must provide to receive federal reimbursement for meals and snacks served to children. The CACFP meal patterns for children apply to children ages 1-12; children ages 15 and younger of migrant workers; children of any age with disabilities; and children through age 18 in at-risk afterschool programs and emergency shelters. For more information, refer to the CSDE's resource, [CACFP Meal Patterns for Children](#), and visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.

CACFP adult meal patterns: The required food components and minimum serving sizes that adult day care centers participating in the CACFP must provide to receive federal reimbursement for meals (breakfast, lunch, and supper) and snacks served to participants. For more information, refer to the CSDE's resource, [CACFP Adult Meal Patterns](#), and visit the CSDE's [Meal Patterns for CACFP Adult Day Care Centers](#) webpage.

CACFP sponsor: A public or private nonprofit organization that is entirely responsible for the administration of the CACFP in one or more day care homes, child care centers, emergency shelters, at-risk afterschool care centers, or adult day care centers. In some situations, for-profit institutions may also be eligible to participate in the CACFP. For more information, refer to Section 226.2 of the CACFP regulations ([7 CFR 226](#)).

cereal grains: The seeds that come from grasses. Cereal grains can be whole grain (such as amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, rolled wheat, rye, sorghum, triticale, wheat, and wheat berries) or enriched (such as enriched cornmeal, corn grits, and farina).

Child Nutrition (CN) label: A statement that clearly identifies the contribution of a food product toward the meal pattern requirements, based on the USDA's evaluation of the product's formulation. Products eligible for CN labels include main dish entrees that contribute to the meat/meat alternates component, e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions. CN labels usually indicate the contribution of other meal components (such as vegetables, grains, and fruits) that are part of these products. For more information, refer to the CSDE's resource, [Child Nutrition \(CN\) Labeling Program](#), and visit the USDA's [Child Nutrition \(CN\) Labeling](#) webpage.

Child Nutrition Programs: The USDA's federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program, Special Milk Program (SMP), Summer Food Service Program (SFSP), Seamless Summer Option (SSO) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, visit the CSDE's [Child Nutrition Programs](#) webpage.

combination foods: Foods that contain more than one food component, such as pizza, burritos, and smoothies made with milk and fruit. For example, macaroni and cheese contains pasta (grains) and cheese (meat/meat alternate). Combination foods generally cannot be separated (such as pizza and burritos) or are not intended to be separated (such as a hamburger on a bun or turkey sandwich).

corn masa: Dough made from masa harina that is used for making corn products such as tortillas, tortilla chips, and tamales. Corn masa is nixtamalized and credits as a whole grain. For more information, refer to “[Whole grains](#)” in section 1 and the CSDE’s resource, *[Crediting Whole Grains in the CACFP](#)*.

cornmeal: Meal made from ground, dried corn.

couscous: A type of grain product similar to pasta that is made from crushed semolina.

cracked wheat: Whole-wheat grains cut or crushed into smaller pieces.

creditable food: A food or beverage that counts toward the meal pattern requirements for a reimbursable meal or snack in the USDA’s Child Nutrition Programs. For more information, visit the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) or [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

creditable grains: The ingredients in a commercial grain product or standardized recipe that credit toward the grains component. For the CACFP meal patterns creditable grains include whole grains, enriched grains, bran, and germ.

DATEM or datem: An abbreviation for “diacetyl tartaric acid ester of mono- and diglycerides,” which is an emulsifier used in baking. DATEM strengthens the gluten network in dough to improve the bread’s texture and shape.

degerminated cornmeal: Cornmeal that has the germ removed to increase shelf life. Degerminated cornmeal is not a whole grain.

Dietary Guidelines for Americans: A federal document that provides science-based advice for Americans ages 2 and older to promote health and reduce risk for chronic diseases through diet and physical activity. The U.S. Department of Health and Human Services and the U.S. Department of Agriculture jointly publish the *Dietary Guidelines* every five years. This document forms the basis of federal food, nutrition education, and information programs. For more information, visit the [Dietary Guidelines for Americans](#) webpage.

endosperm: The soft, white inside portion of the whole-grain kernel. The endosperm contains starch, protein, and small amounts of B vitamins.

enriched grains: Refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the FDA, and include thiamin (B₁), riboflavin (B₂), niacin (B₃), folic acid, and iron. For more information, refer to “[Enriched grains](#)” in section 1 and the CSDE’s resource, [Crediting Enriched Grains in the CACFP](#).

enrichment: Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. For more information, refer to “enriched grains” in this section.

Exhibit A chart: The USDA’s chart that indicates the required weight (groups A-G) or volume (groups H-I) for different types of grain foods to provide 1 ounce equivalent (required for the CACFP and grades K-12 and preschoolers in the NSLP and SBP) or 1 serving (required for the SFSP and grades K-12 in the ASP) of the grains component. This chart may be used for commercial grain products and for recipes that indicate the weight of the prepared (cooked) serving. The required amounts for the grains component are not the same for all Child Nutrition Programs. The CSDE’s resource, [Grain Ounce Equivalents for the CACFP](#), lists the Exhibit A grain ounce equivalents that apply to the CACFP. For more information, refer to the USDA’s [Exhibit A: Grain Requirements for Child Nutrition Programs](#). **Note:** Groups F-G (grain-based desserts) do not credit in the CACFP meal patterns.

flour: Finely ground and sifted wheat or other grains such as rye, corn, rice, or buckwheat.

fortification: Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage, or adding nutrients at levels that are higher than originally present. Fortification is used for naturally nutrient-rich products based on scientifically documented health needs (such as fortifying milk with vitamin D to increase the body’s absorption of calcium), or to enhance the perceived nutritional value of products with little or no natural nutritional value, e.g., fortifying “energy” bars made from processed flour with multiple vitamins and minerals. Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

germ: The vitamin-rich sprouting section of the whole-grain kernel. Germ credits the same as enriched grains in the CACFP meal patterns.

gluten: The general name for proteins naturally found in certain cereal grains, such as barley, rye, wheat and triticale (a wheat-rye hybrid). Gluten has elastic properties that help dough to stretch, rise, and maintain moisture when heated. It is frequently used as an additive to improve texture and promote moisture retention in processed foods. Gluten is a grain derivative is ignored for the CACFP Rule of Three.

graham flour: A type of coarsely ground whole wheat flour.

grain berries: The unprocessed whole kernel of grain, such as wheat berries and rye berries.

grain derivative: A by-product of grains, such as malt made from barley, wheat gluten made from wheat, and maltodextrin made from corn. Grain derivatives are ignored for the CACFP Rule of Three. For examples of grain derivatives, refer to column B in [table 3-3](#).

grains component: The meal component of the USDA meal patterns that is comprised of cereal grains and products made from their flours. Creditable grain foods include products and recipes that are enriched, whole grain, or whole grain-rich (WGR). Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are enriched, whole grain, WGR, or fortified.

grits: A coarsely ground grain made with hominy or stone-ground corn.

grains: Plants in the grass family, which produce a dry, edible fruit commonly called a kernel, grain, or berry.

groats: The hulled kernels of various cereal grains, such as oat, wheat, rye, buckwheat, and barley. Groats are whole grains.

hominy grits: A type of grits made from hominy.

hominy: A traditional food in Mexican and Native American cultures that is commonly served as a vegetable or milled grain product, e.g., hominy grits. Hominy is made from whole kernels of maize (dried field corn) that have been soaked in an alkaline solution (nixtamalized). This process removes the hull and germ, causes the corn to puff up to about double its normal size, and increases the bioavailability of certain nutrients, such as calcium and niacin. For more information, refer to “Whole grains” in section 1 and the CSDE’s resource, [Crediting Whole Grains in the CACFP](#).

instant oatmeal: Oatmeal made from whole-grain oats that are thinner and more finely chopped than rolled oats. Instant oatmeal has a soft texture and cooks quickly.

l-cysteine: An amino acid used in baking to help soften the dough and reduce processing time.

maltodextrin: A carbohydrate derived from starch (typically from corn, potatoes, rice, or wheat) that is used as a food additive to enhance texture and flavor. Maltodextrin is a grain derivative that is ignored for the CACFP Rule of Three. For more information, refer to “grain derivative” in this section and column B in [table 3-3](#).

masa harina: Corn flour used for making corn products such as tortillas, tortilla chips, and tamales. Masa harina is nixtamalized and credits as a whole grain. For more information, refer to “Whole grains” in section 1 and the CSDE’s resource, [Crediting Whole Grains in the CACFP](#).

meal pattern: Refer to CACFP meal pattern in this section.

meal: A grain made by coarsely grinding corn, oats, wheat, or other grains. Whole grain, enriched, or fortified meal credits toward the grains component of the USDA’s meal patterns.

meals: Refer to “reimbursable meals” in this section.

millet: A group of several small related grains. Millet is a gluten-free whole grain

modified food starch: A chemically altered ingredient made from starch that is used as a thickening agent, stabilizer, or emulsifier. The most common types of modified food starch are made from corn, wheat, potato, and tapioca. Modified food starch is a grain derivative that is ignored for the CACFP Rule of Three. For more information, refer to “grain derivative” in this section and column B in [table 3-3](#).

National School Lunch Program (NSLP): The USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. It was established under the National School Lunch Act, signed by President Harry Truman in 1946. For more information, visit the CSDE’s [National School Lunch Program](#) webpage.

nixtamalization: A process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn. Nixtamalized corn is used to make hominy, masa harina (corn flour), corn masa (dough from masa harina), and certain types of cornmeal. Nixtamalized corn credits as a whole grain. For more information, refer to “[Whole grains](#)” in section 1 and the CSDE’s resource, [Crediting Whole Grains in the CACFP](#).

noncreditable grains: Noncreditable grains are grain ingredients that do not count toward the grains component of the CACFP meal patterns. Examples include yellow corn flour, wheat flour, and semolina. For more examples of noncreditable grains, refer to column A in [table 3-3](#).

old-fashioned oats (rolled oats): Whole-grain oats that have been steamed and flattened. They have a firm texture and cook faster than steel-cut oats.

ounce equivalent: A unit of measure that indicates the contribution of a given serving size toward the grains component. To provide 1 ounce equivalent, a grain food must contain 16 grams of creditable grains. The amount of a grain food that provides 1 ounce equivalent varies because different types of foods contain different amounts of creditable grains. For example, 1 ounce equivalent of the grains component can be less than a measured ounce (e.g., pretzels, bread sticks, and crackers), equal to a measured ounce (e.g., bagels, biscuits, bread, rolls, cereal grains, and RTE breakfast cereals), or more than a measured ounce (e.g., muffins and pancakes). For more information, refer “[Ounce Equivalents](#)” in section 1 and the CSDE’s resource, [Grain Ounce Equivalents for the CACFP](#).

pearled grains: Removing the bran from the whole grain, such as pearled barley. Pearled grains are not whole grains.

primary grain ingredient: The greatest grain ingredient by weight. For commercial grain foods, this is the first ingredient (excluding water) listed in the product’s ingredients statement. For commercial combination foods that contain a grain portion, this is the first grain ingredient (excluding water) listed in the product’s ingredients statement. For commercial combination foods that contain a grain portion listed separately, this is the first ingredient (excluding water) listed in the grain portion of the product’s ingredients statement.

product fact sheet: Refer to “product specification sheet” in this section.

product formulation statement (PFS): An information statement obtained from the manufacturer that provides specific information about how a product credits toward the USDA’s meal pattern requirements, and documents how this information is obtained citing Child Nutrition Program resources or regulations. All creditable ingredients in this statement must match a description in the USDA’s *Food Buying Guide for Child Nutrition Programs*. The PFS must be prepared on company letterhead with the signature of a company official and the date of issue. Unlike a CN label, a PFS does not provide any warranty against audit claims. CACFP facilities should check the manufacturer’s crediting information for accuracy prior to including the product in reimbursable meals. For more information, refer to [section 4](#) and the CSDE’s resources, *Using Product Formulation Statements in the CACFP* and *Accepting Processed Product Documentation in the CACFP*.

product specification sheet: Manufacturer sales literature that provides various information about the company’s products. These materials do not provide the specific crediting information that is required on a product formulation statement and cannot be used to determine a product’s contribution toward the USDA’s meal pattern components.

pseudo-grains: Plants that are not in the same botanical family as cereal grains but have nutritional profiles and uses similar to “true” cereal grains. Examples include amaranth, quinoa and buckwheat.

quinoa: A small, round type of pseudo-grain that is botanically a relative of Swiss chard and beets. Quinoa is a whole grain. For more information, refer to “pseudo-grains” in this section.

refined grains: Grains that have been processed to remove the bran and germ, making the product less nutritious than whole grains. Refined grains may or may not be enriched. For more information, refer to “enriched grains” in this section.

reimbursable meals: Meals and snacks that meet the meal pattern requirements of the USDA’s regulations for Child Nutrition Programs.

semolina: A type of meal made from coarsely ground hard wheat (e.g., durum) used in puddings and pasta. Semolina is not a whole grain.

serving size or portion: The weight, measure, number of pieces, or slices of a food or beverage. For meals to be reimbursable, CACFP facilities must provide the minimum servings specified in the USDA’s meal patterns.

soy lecithin: A substance made from soy oil that is used as an emulsifier or stabilizer in food.

standard of identity: The mandatory government requirements that determine what a food product (like whole-wheat bread) must contain or may contain to be marketed under a certain name in interstate commerce. These standards protect consumers by ensuring that a label accurately reflects what is inside. For example, mayonnaise is not an imitation spread, and ice cream is not a similar, but different, frozen dessert. The USDA develops standards for meat and poultry products. The FDA develops standards for other food products.

standardized recipe: A recipe that a given food service operation has tested and adapted for use. This recipe produces the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield, and portion size. For more information, visit the “Standardized Recipes” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) or [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

steel-cut oats: Whole-grain oats that are chopped into small pieces. Steel-cut oats have a chewier texture than rolled oats and instant oats and take the longest to cook.

triticale: A hybrid of durum wheat and rye. Triticale is a whole grain.

unbleached flour: Flour that has aged naturally after being milled. Unbleached flour has an off-white color and a denser grain than bleached flour. It provides more structure in baked goods due to its denser texture. Unbleached flour is a creditable grain if it is enriched. For information on crediting enriched grains, refer to the CSDE’s resource, [Crediting Enriched Grains in the CACFP](#).

unbromated flour: A baking flour that is higher in protein and does not contain potassium bromate. Unbromated flour develops more gluten, which results in a more stable baked product. It is commonly used for baking at high altitudes. Unbromated flour is a creditable grain if it is enriched. For information on crediting enriched grains, refer to the CSDE’s resource, [Crediting Enriched Grains in the CACFP](#).

vital wheat gluten: A powdered form of wheat gluten that is used in baking to add elasticity to flours that are low in gluten, such as whole wheat or rye. Vital wheat gluten is a grain derivative that is ignored for the CACFP Rule of Three. For more information, refer to “grain derivative” in this section and column B in [table 3-3](#).

wheat bread: Bread that often has wheat flour or enriched wheat flour (not whole-wheat flour) as an ingredient. Wheat bread is not whole grain unless it is labeled “whole-wheat bread.” Wheat bread is low in fiber unless the manufacturer has added fiber.

wheat gluten: The protein component of the wheat grain that helps baked goods hold their shape. Wheat gluten is a grain derivative that is ignored for the CACFP Rule of Three. For more information, refer to “grain derivative” in this section and column B in [table 3-3](#).

wehey: A milk protein used to emulsify, thicken, and brown baked goods.

whole grain-rich (WGR): For the CACFP, WGR foods contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. **Note:** This definition applies only to the CACFP. The WGR definition for school nutrition programs is different.

whole grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants, and health-enhancing phytonutrients such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat, and bulgur (cracked wheat). For more information, refer to “[Whole grains](#)” in section 1 and the CSDE’s resource, *Crediting Whole Grains in the CACFP*.

whole-grain flour: Flour made by grinding the entire whole-grain kernel, including the fiber-rich bran, nutrient-rich germ, and starchy endosperm. Flour or meal that does not contain all parts of the grain is not whole grain, e.g., degermed corn, milled rice, and wheat flour. For more information, refer to “[Whole grains](#)” in section 1 and the CSDE’s resource, *Crediting Whole Grains in the CACFP*.

whole-wheat bread: Bread that contains the whole grain, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. Whole-wheat flour will be listed as the first grain ingredient.



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